DISCOVERING CANADIAN CUISINE

a modern Guide to cooking and entertaining

AN INTRODUCTION.....

Canada's Centennial will undoubtedly touch and enrich the lives of every Canadian. In 1967, Canadians from every walk of life will salute their country and the courageous men and women who established its frontiers. Individuals and industries will add their contributions to celebrate this most memorable and happy birthday.

"Discovering Canadian Cuisine" is one of the special Centennial projects undertaken by the Canadian Gas Association. It is an original Canadian cookbook . . . designed especially for the Canadian home . . . and dedicated to you — the Canadian hostess.

"Discovering Canadian Cuisine" has been produced by The Home Service Departments of Canada's natural gas utilities to serve as a modern guide to cooking and entertaining. Each delightful menu and recipe has been selected and tested by a team of Canada's leading Home Economists to set and enhance the mood for formal and informal entertaining. Preparing and serving fine foods is indeed an art . . . an art we can all enjoy and cultivate right in our own homes. Combine the bountiful foods our country provides . . . add the individual touch . . . and you have the basic ingredients for culinary success! And what could be more challenging and rewarding than using your own talents to please your family and friends!

"Discovering Canadian Cuisine" is yours to enjoy. We hope you will use it often.

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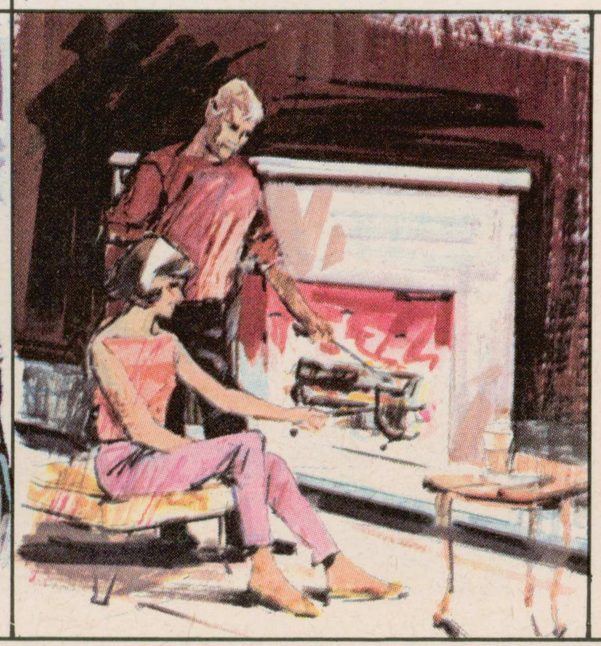


BRUNCHES GO GOURMET

When it's a new and different way to entertain . . . the modern hostess is sure to add it to her social list! When that idea is brunch . . . it's bound to be a great success! Sometimes, it's a gay, holiday brunch for special friends . . . a weekend family brunch with a touch of glamour . . . or a delightful eye-appealing brunch to tee-off a game of golf or bridge. Be it simple or extravagant, brunch can go gourmet as a new and welcome trend with the modern Canadian hostess.

Melon Balls

Flapjacks

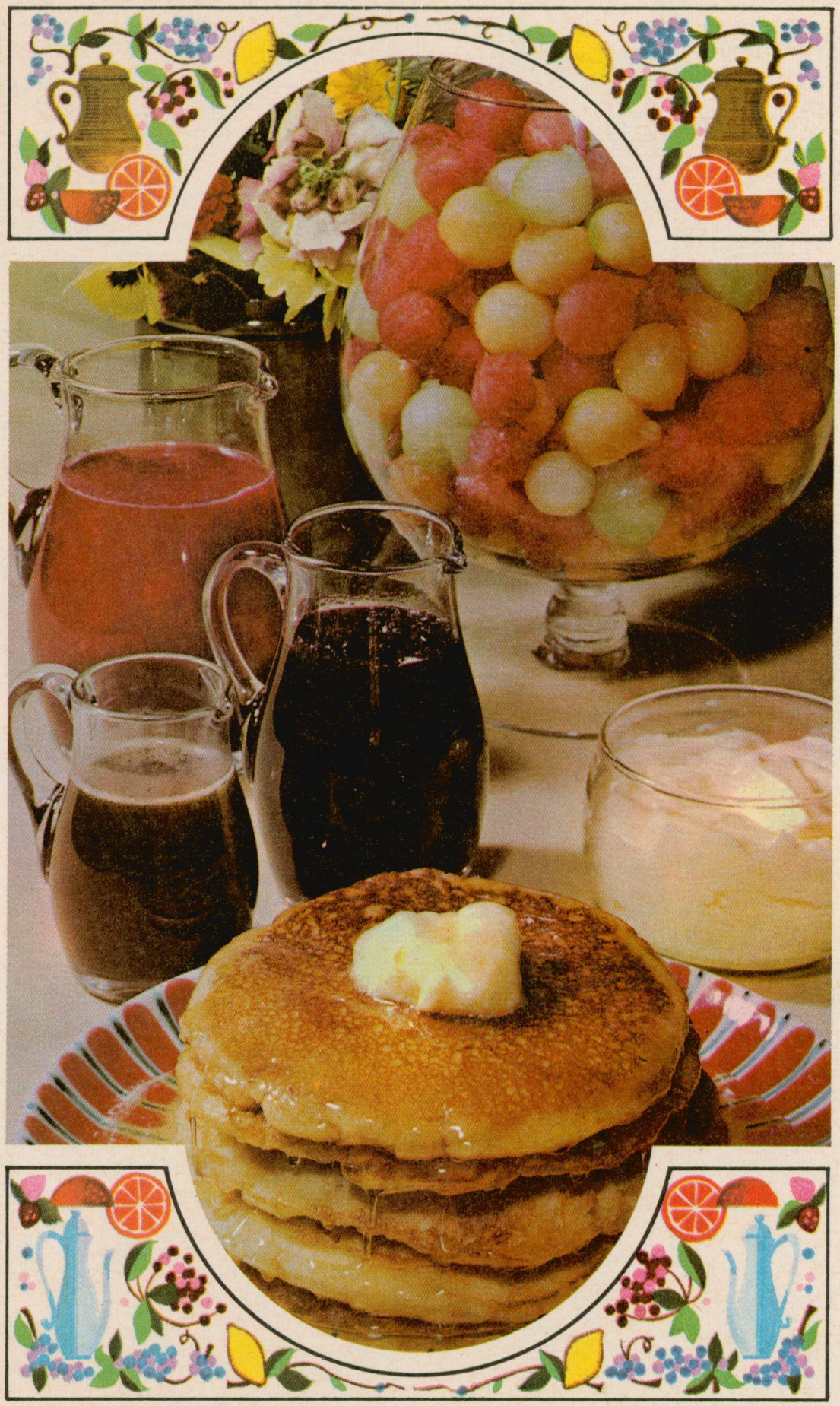
Whipped Butter *Ontario Strawberry Sauce*

Orange Maple Syrup *Manitoba Blueberry Syrup*

Prairie Cheese Spread

Cherry Breakfast Ring

Café au Lait



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BRUNCHES GO GOURMET

Fruit Kabobs with Sherry Sauce
Canadian Peameal Bacon with Peach Glaze
or
Sautéed Kidney with Bacon
Ontario Scramble
Plum Coffee Cake
Coffee

MELON BALLS

- **1 Cantaloupe**
- **1 Honey Dew Melon**
- **¼ Water Melon**
- **Juice of 1 lemon**
- **Extra fine granulated sugar**
- **Fresh mint leaves**

Prepare enough Cantaloupe, Honey Dew Melon and Water Melon balls for desired number of servings. Sprinkle with lemon juice (1 teaspoon for each serving) and extra fine granulated sugar. Garnish with fresh mint leaves.

FLAPJACKS

- **1½ cups sifted all purpose flour**
- **2½ teaspoons baking powder**
- **¾ teaspoon salt**
- **3 tablespoons granulated sugar**
- **1 egg, beaten**
- **¾ cup milk**
- **3 tablespoons butter, melted**
- **1 tablespoon shortening**

Sift together flour, baking powder, salt and sugar. Combine beaten egg, milk and butter. Add to dry ingredients. Stir only until smooth. Place shortening in skillet. Set Temperature Controlled Top Burner at 375°F. Brown flapjacks evenly on both sides.

WHIPPED BUTTER

- **¼ pound butter**

Let butter stand at room temperature until soft. Beat with mixer at low speed until smooth. Beat at high speed until light and fluffy, about 10 minutes.

ONTARIO STRAWBERRY SAUCE

- 1 quart strawberries
- ⅓ cup granulated sugar
- 1 cup water
- 1 tablespoon cornstarch
- 1 teaspoon lemon juice
- 2 - 3 drops red food colouring

Hull, wash and slice berries. Combine with sugar and water. Chill overnight. Drain berries, reserving the liquid. Combine 1 tablespoon strawberry liquid and cornstarch in saucepan. Stir until smooth. Add remaining liquid, berries and lemon juice. Bring to a boil over high GAS flame, stirring constantly until slightly thickened and translucent. Add food colouring. Serve warm.

ORANGE-MAPLE SYRUP

- 1½ cups Canadian Maple Syrup
- 1 cup butter or margarine
- 1½ teaspoons grated orange rind

Combine syrup, butter and orange rind in a saucepan. Bring to a boil over high GAS flame. Reduce flame to simmer and cook uncovered, 3 minutes. Serve warm.

PRAIRIE CHEESE SPREAD

- 1 - 8 ounce package cream cheese
- ¼ cup liquid honey
- 2 tablespoons orange juice
- ½ teaspoon grated orange rind

Let cheese stand at room temperature until soft. Add honey, orange juice and rind. Beat until fluffy.

MANITOBA BLUEBERRY SYRUP

- 2 cups blueberries, fresh or frozen
- ¼ cup corn syrup
- 1 teaspoon lemon juice
- ¼ cup granulated sugar
- ¼ teaspoon nutmeg

Combine berries, sugar, corn syrup, lemon juice and nutmeg in a saucepan. Bring to a boil over high GAS flame. Reduce flame to simmer and cook uncovered, 5 to 7 minutes. Serve warm.

CHERRY BREAKFAST RING

- ⅔ cup milk
- 2 cups biscuit mix
- 3 tablespoons butter, melted
- 3 tablespoons brown sugar, firmly packed
- ¼ cup chopped pecans
- 12 maraschino cherries

- 2 tablespoons butter, melted
- ½ cup brown sugar, firmly packed
- 1 teaspoon cinnamon
- 3 tablespoons chopped pecans

Add milk all at once to biscuit mix in bowl. Stir with fork to form a soft dough. Beat dough 15 strokes. Knead gently 8-10 times. Shape dough into 12 balls. Pour the 3 tablespoons of melted butter into a 9" ring mould. Sprinkle with 3 tablespoons brown sugar and chopped pecans. Arrange cherries on top.

Roll balls in the 2 tablespoons of melted butter then in mixture of brown sugar, cinnamon and chopped pecans. Arrange in ring mould. Bake in a 400°F. GAS oven 30 minutes. Invert and remove from pan while warm.

CAFE AU LAIT

- ½ cup ground coffee
- 2 cups water
- 2 cups milk

Prepare coffee using the above proportions. Scald milk over low GAS flame. Pour equal amounts of coffee and milk into heated cups.

FRUIT KABOBS WITH SHERRY SAUCE

- 12 wooden skewers
- 24 fresh or frozen whole strawberries

- 24 - 1 inch cubes apple
- 24 - 1 inch chunks fresh or frozen peaches
- ¼ cup orange juice
- ¼ cup lemon juice
- ¼ cup granulated sugar

On wooden skewers alternate strawberries, apples and peaches. Blend juices and sugar. Pour over kabobs and chill. Serve with Sherry Sauce.

SHERRY SAUCE

- 1 cup commercial sour cream
- 3 tablespoons icing sugar
- 1 tablespoon sherry

Combine sour cream, sugar and sherry.

CANADIAN PEAMEAL BACON WITH PEACH GLAZE

- 1 - 2 pound Canadian Peameal Bacon
- ½ cup peach preserves
- ½ teaspoon hot prepared mustard
- ½ teaspoon ground cloves

Place Peameal Bacon on rotisserie spit. Anchor with holding forks. Tie roast with string at 2" intervals to curve it nicely. Combine peach preserves, mustard and cloves. Rotisserate Peameal Bacon in a 300°F. GAS oven, for one hour. Brush with glaze every 15 minutes.

SAUTEED KIDNEY WITH BACON

- 4 veal kidneys
  or
- 10 lamb kidneys
- 12 slices bacon
- 3 tablespoons sifted all-purpose flour
- Salt
- Pepper
- 2 teaspoons grated onion
- ¾ cup water or stock

To prepare veal kidney, remove outer skin. Cut in half, remove white vein and fat. Cut kidney into sections or thin slices. To prepare lamb kidney, remove outer skin and cut meat into slices. Set Temperature Controlled Top Burner at 300°F. Cook bacon until crisp. Move bacon to side of pan. Dip kidney slices in flour, seasoned with salt and pepper. Sauté in bacon fat 5 minutes or until golden brown. Add grated onion and water. Reduce temperature to 220°F. Simmer 5-10 minutes. Serve with crisp bacon on toast.

ONTARIO SCRAMBLE

- 2 tablespoons butter
- 6 eggs
- ⅓ cup water
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon chopped parsley
- ½ cup pipped tomato
- ½ cup cubed Canadian cheddar cheese
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion

Place butter in a 10" skillet. Set Temperature Controlled Top Burner at 200°F. Blend eggs, water, salt and pepper. Pour into skillet. Cook until partially set. Stir in parsley, tomatoes, cheddar cheese, green pepper and onion. Cook until eggs are set.

PLUM COFFEE CAKE

- 2 cups sifted all purpose flour
- ¼ cup granulated sugar
- ½ teaspoon salt
- ¼ cup butter
- 2 packages active dry yeast
- ½ cup lukewarm water
- ¼ cup milk, scalded
- 1 egg, beaten
- 1½ cups Ontario plum jam
- 4 - 6 tablespoons milk
- 1½ - 2 cups sifted icing sugar

Sift togther flour, sugar and salt. Cut in butter. Sprinkle yeast over lukewarm water in a bowl and stir until dissolved. Blend in scalded milk, beaten egg and flour mixture. Place in a greased bowl. Cover. Place in Low Temperature GAS oven at 140°F. and let rise for 25 minutes. Punch down dough. Turn onto a well floured board and divide in half. Roll one half to a 16" x 12" rectangle. Place on a greased 15" x 10" x 1" pan. Spread with plum jam and turn in edges of dough. Roll other half of dough to cover plum jam. Cover pan and return to Low Temperature GAS oven at 140°F. for 15 minutes. Bake in a 350°F. GAS oven 25 minutes. Turn out of pan at once and cool. Combine milk with sifted icing sugar to a thin spreading consistency. Spread on coffee cake.

PARTY LUNCHEONS

Set a pretty table . . . serve a party luncheon . . . and suddenly you're the hostess everyone is raving about! A party luncheon is the perfect way to introduce the girls to a new neighbour . . . welcome home a brand new mother . . . entertain a friend on her birthday . . . or simply set the scene for an afternoon get-together. You'll find these party luncheons are easy to serve . . . lovely to look at . . . and absolutely unbeatable for real enjoyment. So go ahead . . . make any occasion a perfect occasion with a party-pretty, party-luncheon!

Smoked Salmon

Chicken Soufflé

Fresh Asparagus with Almond Butter Sauce

Biscuit Cheese Squares

or

Cheese Sticks

Black Raspberry Parfait

Lemon Tea

PARTY LUNCHEONS

Spiced Fresh Fruit Compote
Hot Seafood Salad in Crab Shell
or
Lobster Thermidor
Old Fashioned Lettuce Salad
Tomato Aspic Rings
Hovis Crisps
Maple Syrup Cake
or
Land o'Maple Tarts
Lemon Tea

SMOKED SALMON

18 toast fingers
Lemon butter*
Smoked Salmon
½ cup fine dry bread crumbs
1 tablespoon butter, melted

Spread toast fingers with lemon butter. Place ¼" slice smoked salmon on toast. Cover with buttered crumbs. Broil under high GAS flame until brown.

*LEMON BUTTER

½ cup butter
Grated rind of 1 lemon
1½ tablespoons lemon juice
1 tablespoon minced onion

Cream butter. Combine with lemon rind, lemon juice and onion.

CHICKEN SOUFFLE

1 - 10½ ounce can condensed cream of chicken soup
6 egg yolks
6 egg whites
1 cup grated, sharp process cheese

Set Temperature Controlled Top Burner at 200°F. In saucepan, combine soup and cheese. Heat until cheese melts. Beat egg yolks until thick and lemon coloured. Stir into soup mixture. In a large bowl beat egg whites until stiff. Fold soup mixture into egg whites. Pour into an ungreased 2 quart casserole. Bake in a 300°F. GAS oven 1-1¼ hours. Serve immediately.

FRESH ASPARAGUS WITH ALMOND BUTTER SAUCE

2 pounds fresh asparagus
⅔ cup butter
½ cup blanched almonds, slivered

Tie stalks together in three bundles. Bring salted water to boil over high GAS flame. Add asparagus. Reduce to low flame and simmer 10-15 minutes or until tender.

While asparagus is cooking, heat butter and almonds in a small saucepan over low GAS flame. Stir gently until almonds are golden brown.

Drain asparagus. Remove string. Pour the sauce over asparagus and serve at once.

BISCUIT CHEESE SQUARES

1 cup green or black olives
1 egg, slightly beaten
⅓ cup melted butter or margarine
¼ cup finely chopped onion
1 teaspoon Worcestershire sauce
2½ cups grated cheddar cheese
3 cups biscuit mix
1 cup milk
1 teaspoon caraway seed

Cut olives into large pieces. To beaten egg, add butter, onion, Worcestershire sauce, cheese and olives. Set aside while preparing dough. Combine biscuit mix and milk until just blended. Spread dough evenly in a greased 9" x 13" shallow pan. Spoon topping over dough. Sprinkle with caraway seeds. Bake in a 425°F. GAS oven 15-20 minutes. Cut into 2" squares and serve hot.

CHEESE STICKS

⅓ cup butter
3½ teaspoons baking powder

- 2¼ cups sifted all purpose flour
- 1 tablespoon granulated sugar
- 1½ teaspoons salt
- ½ cup grated old cheddar cheese
- 1 cup milk

Melt butter in a 8" x 8" square pyrex baking dish. Sift together flour, sugar, baking powder, and salt. Add grated cheese to dry ingredients. Stir in milk with fork until dough just clings together. Turn onto well floured board and knead lightly about 10 times. Roll into an 8" square, approximately ½" thick. With floured knife, cut dough in 3 lengthwise. Then cut crosswise into 10 strips. Dip each strip in melted butter. Place strips together in 3 rows in pan in which butter was melted. Bake in a 450°F. GAS oven 15-20 minutes. Serve hot.

BLACK RASPBERRY PARFAIT

- 1½ pints black raspberries
- 12 marshmallows
- ¾ cup granulated sugar
- 1 teaspoon lemon juice
- 2 cups whipping cream
- 1 tablespoon vanilla
- ¼ cup fruit sugar

Wash berries in cold water and drain. Measure 2 cups; refrigerate remaining berries. Combine 2 cups berries, marshmallows, ¾ cup sugar and lemon juice in saucepan. Simmer 10 minutes over low GAS flame, stirring occasionally. Press berry mixture through a sieve and cool. In a large bowl whip cream and vanilla until stiff. Fold in raspberry purée. Pour into parfait glasses. Freeze. Toss remaining berries with ¼ cup fruit sugar and use to garnish parfaits.

SPICED FRESH FRUIT COMPOTE

- 1 cup granulated sugar
- 2 cups water
- Whole cloves
- 4 peaches, peeled and halved
- 4 pears, peeled, cored and halved
- 8 maraschino cherries
- 2 - 3 cinnamon sticks
- 1 lemon, thinly sliced

Combine sugar and water in saucepan. Set Temperature Controlled Top Burner at 225°F. and cook 5-10 minutes. Press 3 cloves into each peach half. Add peaches, pears, cherries, cinnamon sticks and lemon slices to sugar syrup. Reset Temperature Controlled Top Burner to 205°F. and simmer fruit 15-20 minutes or until tender.

Canned peaches and pears can replace fresh fruit. Use their juices to replace sugar and water syrup.

HOT SEAFOOD SALAD

- 1 cup fresh or canned shrimp, deveined
- 1 cup canned crab meat, flaked
- ½ cup chopped green onion
- 1 cup thinly sliced celery
- ¼ cup minced onion
- 1 cup mayonnaise
- 1 teaspoon Worcestershire sauce
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup fine dry bread crumbs
- 1 tablespoon butter, melted

Combine first nine ingredients. Place in a 1½ quart greased casserole dish. Combine bread crumbs with melted butter and sprinkle on top. Bake in a 350°F. GAS oven 20-30 minutes.

OR

Place in crab shells on a baking sheet. Top with buttered crumbs. Bake in a 350°F. GAS oven 10-15 minutes.

LOBSTER THERMIDOR

- 4 tablespoons butter or margarine
- 4 tablespoons sifted pastry flour
- 1 teaspoon prepared mustard
- 1½ cups milk
- 1 cup whipping cream
- ½ teaspoon finely chopped onion
- 1 teaspoon salt
- 2 egg yolks, slightly beaten
- 2 teaspoons lemon juice
- ½ cup button mushroom caps
- ½ cup sherry or red wine
- 3 cups lobster meat, canned or frozen
- ½ cup fine dry bread crumbs
- 1 tablespoon butter, melted

½ teaspoon celery salt
Dash cayenne
¼ cup grated parmesan cheese

Melt butter over low GAS flame. Blend in flour and cook until bubbly. Add mustard. Remove from flame and gradually stir in milk. Stirring constantly over low GAS flame, cook until thickened. Add cream, onion, salt, celery salt and cayenne. Blend a little of the hot sauce with egg yolks, and return egg yolk mixture to sauce. Stir in lemon juice, mushroom caps and wine. Add lobster meat, broken into pieces and place in ramekins, shells or lobster cases. Top with mixture of bread crumbs, melted butter and parmesan cheese. Broil under high GAS flame until brown.

OLD FASHIONED LETTUCE SALAD

½ cup light cream
1 teaspoon granulated sugar
¼ cup vinegar
1 teaspoon salt
1 medium head crisp lettuce
½ cup chopped green onion

Combine cream, sugar, vinegar and salt. Tear lettuce into fork-size pieces. Combine with the green onion. Toss in salad bowl with cream mixture.
Serve immediately.

TOMATO ASPIC RINGS

1 tablespoon gelatin
¼ cup cold water
2 cups tomato juice
½ teaspoon granulated sugar
¼ teaspoon white pepper
¼ teaspoon salt
¼ teaspoon celery salt
1 teaspoon lemon juice

Soak gelatin in cold water. Set Temperature Controlled Top Burner at 200°F. and heat tomato juice. Add sugar, pepper, salt, celery salt and lemon juice. Slowly stir in gelatin mixture and continue heating 5 minutes. Pour into individual ring molds which have been rinsed with cold water. Chill until set.

HOVIS CRISPS

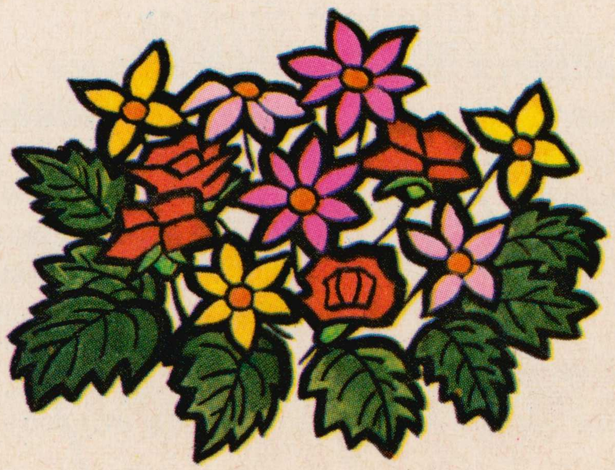
1 cup butter, softened
¼ teaspoon celery salt
¼ teaspoon onion salt
¼ teaspoon garlic salt
1 tablespoon caraway seeds
1 loaf Hovis bread

Combine butter, celery salt, onion salt, garlic salt and caraway seeds. Slice Hovis bread paper thin and spread very lightly with butter. Arrange on cookie sheets. Bake in a 450°F. GAS oven 5-8 minutes or until curled and very crisp.

LAND O'MAPLE TARTS

1 recipe plain pastry
1 egg
1 cup maple syrup
½ cup white seedless raisins
½ cup chopped pecans
Unsweetened whipped cream
Maple sugar leaves

Line 18-24 small or 8 medium tart tins with pastry. Beat egg with fork. Beat in Maple syrup. Portion raisins into each unbaked tart shell and pour in syrup mixture. Sprinkle with chopped pecans. Bake in a 400°F. GAS oven 20 minutes. When cool — garnish with whipped cream and top with maple sugar leaves.



WHEN THE MOOD IS CANDLELIGHT

The password is entertaining. The mood is candlelight. The hostess is you — the gay, young-at-heart Canadian homemaker whose delectable gourmet dinners are the talk of the town! Your secret is the way you plan each dinner down to the smallest detail . . . the way you let your imagination go on the table decorations . . . the personal flair you bring to each special dish. But even the most accomplished hostess knows the value of new and different recipe ideas. The ones we have chosen can be prepared with ease both by the experienced and inexperienced hostess. We think they're the nicest things that ever came to a candlelight dinner!

Tomato and Dill Soup
Roast Manitoulin Turkey
with Chestnut Stuffing
Cranberry or Lingonberry Sauce
Corn Fondue *Fiddleheads*
Golden Baked Potatoes
Crescent Rolls
Apricot Meringue Delight
Coffee Royal

WHEN THE MOOD IS CANDLELIGHT

French Canadian Pea Soup
Burgundy Meat Balls
with Hot Buttered Noodles
or
Veal Roulades
with Fluffy Rice
or
Tourtière
with Stuffed Tomatoes
Red Pepper Jelly *Pickled Carrots*
Tossed Salad with Tangy French Dressing
All Bran Bread
Frosted Strawberries
Coffee *Tea*

TOMATO AND DILL SOUP

3 cups tomato purée
2 tablespoons chopped fresh dill
½ teaspoon granulated sugar
Salt
Pepper
Whipped cream
Finely chopped dill

Heat tomato purée over medium GAS flame. Add chopped dill, sugar, salt and pepper to taste. Serve in tureen or individual soup dishes. Top with whipped cream and garnish with finely chopped dill.

ROAST MANITOULIN TURKEY WITH CHESTNUT STUFFING

Oven Temperatures	Ready to cook weight	Time
325°F.	8-12 pounds	4 -4½ hours
300°F.	12-16 pounds	4½-5½ hours
300°F.	16-20 pounds	5½-7 hours
300°F.	20-24 pounds	7 -8½ hours

CHESTNUT STUFFING

- 1 cup canned chestnuts, chopped
- 4½ cups cubed day-old bread
- 2 tablespoons chopped parsley
- 2 tablespoons grated onion
- ¼ cup diced celery
- ¾ teaspoon salt
- Dash pepper
- ⅓ cup butter, melted

Toss chestnuts, bread crumbs, parsley, onion, celery, salt and pepper with melted butter. This recipe yields 5 cups stuffing. Always allow ¾-1 cup stuffing per pound of turkey.

LINGONBERRY SAUCE

- 2 cups lingonberries
- ¾ cup granulated sugar
- ¼ cup water

Wash berries, drain, pick over and wash again. Add sugar and water. Bring to a boil over high GAS flame. Reduce flame and simmer 10 minutes. Serve hot or cold.

CORN FONDUE

- 2 - 8 ounce cans whole kernel corn
- 2 tablespoons butter
- ¾ cup grated Canadian cheddar cheese
- ¾ cup sliced ripe olives
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 tablespoon sesame seeds
- ½ cup whipping cream

Grease a 1 quart casserole. Place a layer of corn in the bottom of dish and dot with butter. Cover with ¼ cup grated cheese and half the olives. Repeat with another layer of corn, cheese and olives. Finish with a sprinkling of cheese. Dot with remaining butter, salt, pepper and sesame seeds. Pour cream over mixture. Bake in a 325°F. GAS oven 30 minutes.

FIDDLEHEADS

The fiddlehead is found in dark moist places throughout the Maritimes, usually along or near brooks and streams. If the fiddlehead is picked when very young, the stalk will be as tender as the head. If late and the green is old, only the heads are tender enough to be eaten.

To prepare:

Shake out each stalk and heat carefully so as not to break off the head. To remove brownish scale, wash well several times in warm water. Lift the greens up and out of the water. Let stand in salted cold water ½ hour before cooking. Simmer in a small amount of boiling water over medium GAS flame until stalks are tender. Drain. Season with salt, pepper, butter and a few drops of vinegar.

GOLDEN BAKED POTATOES

- 6 medium potatoes, peeled
- ½ cup butter, melted
- 1 cup cornflakes, crushed

Partially cook potatoes in salted boiling water over medium GAS flame. Drain. Dip potatoes in melted butter and roll in crushed cornflakes. Bake in a 325°F. GAS oven 30 minutes.

CRESCENT ROLLS

- 1 package active dry yeast
- 2 tablespoons lukewarm water
- 1 cup milk, scalded
- ½ cup granulated sugar
- 1½ teaspoons salt
- 2 eggs, well beaten
- 4 cups sifted all purpose flour
- ½ cup shortening, melted
- ½ cup butter, melted

Soften yeast in lukewarm water. Combine scalded milk, sugar and salt. Cool to lukewarm. Add softened yeast and well beaten eggs. Blend well. Add about half the flour and mix well. Add melted shortening and beat well. Add remaining flour gradually. Mix but do not knead. Place in a greased bowl. Grease surface of dough lightly. Cover and chill several hours. Divide dough in half and

turn onto a lightly floured board. Roll into a circle ¼" thick. Cut into 12 wedges. Brush with melted butter and shape dough by rolling from wide to narrow ends. Place 2" apart on lightly greased baking sheet. Brush lightly with melted butter. Cover. Allow to rise until double in bulk. Repeat above with the other half of the dough. Bake in a 425°F. GAS oven 10 minutes.

APRICOT MERINGUE DELIGHT

- 6 egg whites
- ½ teaspoon cream of tartar
- 1½ cups granulated sugar
- 3 jars infant strained apricots
- 1 cup whipping cream
- ½ cup toasted slivered almonds

Beat egg whites and cream of tartar until soft peaks form. Add sugar very gradually, beating well after each addition until meringue makes stiff, glossy peaks. Cut two 8" circles of brown paper and place on lightly greased cookie sheets. Spread meringue smoothly over each circle. Bake in a 275°F. GAS oven 45 minutes. Leave meringue in oven over night to dry. Peel off paper. Place one meringue circle on serving plate. Cover with 2/3 of strained apricots and top with second meringue. Whip cream until very stiff. Fold remaining apricots into whipped cream and use to frost dessert. Garnish with toasted almonds.

FRENCH CANADIAN PEA SOUP

- 1 cup split peas
- 3 cups cold water
- 2 pounds smoked ham shank or ham bone
- 1 onion, thinly sliced
- Celery leaves
- 3 quarts boiling water
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 carrots, shredded

Soak peas in cold water over night. Drain. Combine peas, ham, onion, celery leaves and boiling water. Cover. Bring to a boil over high GAS flame. Reduce flame and simmer 2-3 hours, stirring frequently. During the last hour of cooking, add salt, pepper and shredded carrots.

BURGUNDY MEAT BALLS

- ¾ pound chuck, ground
- ¾ cup fine dry bread crumbs
- 1 small onion, minced
- ¾ teaspoon cornstarch
- Dash allspice
- 1 egg, beaten
- ¾ cup cream
- ¾ teaspoon salt
- ¼ cup fat
- 3 tablespoons flour
- 2 cups water
- 1 cup Burgundy wine
- 2 beef bouillon cubes
- ½ teaspoon salt
- ⅛ teaspoon pepper

Combine meat, bread crumbs, onion, cornstarch, all spice, egg, cream and ¾ teaspoon salt. Shape into 1" balls. Set Temperature Controlled Top Burner at 350°F. and preheat fat in a skillet. Brown meat balls well and transfer to a hot platter. Keep warm in Low Temperature GAS oven.

Blend flour with remaining fat in skillet. Stir in water, wine, bouillon cubes, ½ teaspoon salt and pepper. Reset Temperature Controlled Top Burner to 200°F. and cook until smooth. Return meat balls to sauce and simmer, covered, for 30 minutes. Serve over hot buttered noodles.

VEAL ROULADES

- 1 pound thin veal cutlets
- 8 thin slices cooked ham
- ½ cup firmly chopped celery
- ¼ teaspoon basil
- ¼ cup chopped parsley
- 2 tablespoons minced onion
- 2 tablespoons butter
- 1 - 8 ounce can tomato sauce

Pound cutlets to 1/16" thickness. Cut into 8 pieces. Top each with 1 slice of cooked ham. Mix celery, basil, parsley, onion and sprinkle over ham. Roll up each veal piece and secure with toothpicks or string. Set Temperature Controlled Top Burner at 350°F. to preheat butter in large skillet. Sauté veal rolls until golden on all sides. Reset temperature to 225°F. and add tomato sauce. Cover and simmer 30 minutes or until veal is tender. Serve with fluffy rice.

TOURTIÈRE

- 1 pound lean pork shoulder
- 1 pound lean veal shoulder
- 1 cup water
- 1 onion, chopped
- 1 clove garlic, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon nutmeg
- Dash mace
- Dash cayenne
- ¼ teaspoon celery salt
- Pastry

Chop the meat finely but do not grind. Place in a saucepan with meat bones and next nine ingredients. Cover and simmer over medium GAS flame until meat is tender 45-60 minutes, adding water if necessary as the meat cooks. When cooked, the mixture should be thick. Remove the bone and cool. Line two 8" pie plates with pastry. Fill with the meat mixture, add top crust, cut to let steam escape. Bake in a 425°F. GAS oven 40 minutes. Serve with stuffed tomatoes.

STUFFED TOMATOES

- 1 - 10 ounce can sliced mushrooms, drained
- 2 tablespoons salad oil
- 1 tablespoon soy sauce
- 1½ cups cooked peas
- 8 strips bacon, cooked and crumbled
- 6 ripe tomatoes, hollowed out

Sauté mushrooms in oil over high GAS flame. Add soy sauce. Stir in peas and bacon. Stuff tomatoes and bake in a 425°F. GAS oven 10-15 minutes.

RED PEPPER JELLY

- 2 cups finely chopped sweet peppers
- 5½ cups granulated sugar
- 1 cup white wine vinegar
- ½ cup lemon juice
- 1 cup commercial liquid pectin

Combine sweet peppers, sugar and vinegar in saucepan. Bring to a boil over high GAS flame stirring constantly. Remove from flame and strain. Reheat liquid to boiling point, add lemon juice and boil 2 minutes. Remove from flame; add pectin, skim and stir for 5 minutes. Pour into sterilized jars and seal.

PICKLED CARROTS

- 2 pounds baby carrots
- 2 cups carrot water
- 2 cups vinegar
- 4 cups granulated sugar
- 4 teaspoons mixed pickling spices
- 1 teaspoon ground cloves
- 4 teaspoons ground cinnamon
- 1 teaspoon ground ginger

Wash and scrape carrots. Bring to a boil in salted water over high GAS flame. Reduce flame and simmer until almost tender. Drain and reserve 2 cups water. Combine remaining ingredients and carrot water in saucepan. Boil over high GAS flame until clear and slightly thickened. Add carrots and simmer 3 minutes. Pack in hot sterilized jars and seal.

Yield: 3-4 pints.

TANGY FRENCH DRESSING

- ½ cup granulated sugar
- 1 teaspoon dry mustard
- 1 teaspoon paprika
- 1½ teaspoons celery seed
- 1 teaspoon salt
- 1 tablespoon onion juice
- 1 cup salad oil
- 3 tablespoons lemon juice
- ¼ cup vinegar (approximately)

Combine sugar, mustard, paprika, celery seed, salt and onion juice. Slowly and thoroughly beat in salad oil alternately with lemon juice and enough vinegar to thin.

ALL BRAN BREAD

- 1½ cups sifted all purpose flour
- ½ cup granulated sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1½ cups all bran
- 1 egg, beaten
- 1½ cups sour milk
- ½ cup molasses

Sift together flour, sugar, baking soda and salt. Stir in all bran. Combine egg, sour milk and molasses and add to dry ingredients, stirring only enough to moisten. Pour into a 5" x 9" greased loaf pan. Bake in a 350°F. GAS oven 40 minutes.

FROSTED STRAWBERRIES

- 1 quart strawberries, washed and hulled
- ¼ cup curaçao or kirsch or cointreau
- ½ cup whipping cream
- ½ pint vanilla ice cream, softened

Over strawberries, pour curaçao, kirsch or cointreau. Let stand 10 minutes. Whip cream and fold in softened ice cream. Heap strawberries into sherbet glasses and pour ice cream topping over berries.

THE GRACIOUS HOSTESS

What makes Canada's leading hostesses so gracious and accomplished? Perhaps it stems more from the warm, personal delight they take in their guests than from their physical surroundings. This is particularly encouraging to the less experienced hostess who must entertain in a modest setting. If the hospitality of the hostess is sincere, the meal well chosen and served attractively, the hostess can be assured of complete success.

To the young homemaker entertaining for the first time, here are some guidelines to help overcome pre-party nervousness. First, plan a menu that lets you do most of the preparation beforehand, allowing lots of time for a leisurely bath and relaxation before your guests arrive. Second, try to find out in advance what their hobbies and interests are. A little time spent this way will assure an evening of pleasant conversation and your guests will leave your home glowing with praise for your graciousness.

THE WINE LIST

Lucky the hostess who has discovered the simple elegance that wine brings to a meal! Just as the blossoms of Canada's vineyards add colour and character to her countryside . . . her wines add colour and character to any dinner table.

While wines were once considered a luxury to be served only on special occasions . . . this is no longer true. Today, with the excellence, variety and modest cost of our own Canadian wines . . . every home can afford the pleasure of its own wine cellar.

Just as various European wines have their own distinctive characteristics . . . Canadian wines have their own distinctive flavour, character and bouquet, which cannot be duplicated anywhere else in the world! Canadian wines have won some of the highest awards in international competition, firmly establishing Canada's reputation as a major wine-producing country.

As the serving of wines with meals becomes more and more popular with Canadians, they are often chosen with regard to personal taste, rather than following the classic rule of red wines with red meat and white wines with fish and fowl.

THE WINE LIST

The Sherry or Port glass is the smallest and holds about four ounces. Fill it halfway to serve an aperitif before a meal, or sherry with the soup course.

The general purpose eight ounce glass is the basic table wine glass and is correct for both red and white wines. About two-thirds full is ideal.

The Champagne glass in traditional "saucer" or modern "tulip" shape, holds five ounces. The hollow stem allows bubbles to stream up from the base adding attractiveness to the natural liveliness of the family of sparkling wines.

THE FOUR MEMBERS OF THE WINE FAMILY

Wines are generally divided into four main categories. The first group is Appetizer Wines, such as Sherry or Vermouth, served as aperitifs before dinner to stimulate the appetite. Sherry has a distinctive "nutty" flavour which makes it a delightful companion to cocktail snacks.

The second is Table Wines which can be red, white or Rosé, served either chilled or at room temperature. Red Table Wines are usually dry and more robust in flavour, while White Table Wines are light-bodied and have a delicate flavour. White Wines may be dry, medium dry or sweet. Rosé wines are light, dry to medium dry.

The third group is Dessert Wines, including Port, Muscatel, and Sweet Sherry. These wines are sweet, go well with desserts and snacks, and are excellent for serving when friends drop in.

The fourth and most highly regarded of all Canadian Wines is Sparkling Wines. These include Champagne, Crackling Rosé and Sparkling Burgundy. Here the rule is chill . . . but never to the icy stage, so that all the flavour is retained.

COFFEE AND CALORIES GALORE

In Shakespeare's time, "Sweets to the sweet" may have been quite a compliment . . . but for today's diet-conscious Canadian, sweets have become that wonderfully exotic reward that makes day-to-day weight-watching palatable! Sweets should be prepared with artistry . . . enjoyed with discretion . . . and served at their delightful best with a companionable cup of steaming coffee. If you share our sweet-tooth, (and who can resist after trying these wonderful recipes) you'll marvel at the way we've turned each delicious little calorie into a masterpiece of pure enjoyment.

Cherry Cheese Cake
Apple Cream Spice Roll
Maple Syrup Cake with Fluffy Frosting
Glazed Harvest o' Fruit Pie
Frosted Grape Whip
Coffee

TOP BURNER CHEESE CAKE

- 2 cups graham cracker crumbs
- ¼ teaspoon cinnamon
- ¼ cup butter
- 1 pound cream cheese
- 1 cup light cream
- 1 cup granulated sugar
- 2 tablespoons sifted cake flour
- ¼ teaspoon salt
- 3 eggs, separated
- 1 teaspoon vanilla
- ¾ teaspoon grated lemon rind
- 1 - 20 ounce can cherry pie filling

Cut 2 double thickness strips of aluminum foil 3" x 18". Place crosswise over bottom and up sides of 10" skillet extending about 1" above rim of skillet. Cut a circle of foil to fit bottom of skillet and lay on top of foil strips. Grease foil circle and sides of skillet. Mix graham cracker crumbs and cinnamon and cut in butter. Press mixture on bottom and about 1½" up sides of skillet. Mash cream cheese, add cream gradually and beat until smooth. Add sugar, flour, salt and mix. Add unbeaten egg yolks, vanilla and lemon rind and mix well. Beat egg whites to soft peak stage and fold into cheese mixture. Pour into crumb base. Set Temperature Controlled Top Burner at 225°F. Cover skillet tightly and bake 1 hour. Turn burner off and leave cake in skillet for 1 hour. Refrigerate, covered for 3-4 hours. Using foil strips, carefully lift cheese cake from pan and transfer to serving plate. Trim off excess foil. To serve, top with cherry pie filling.

APPLE CREAM SPICE ROLL

- ⅔ cup sifted all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 4 eggs, separated
- ¾ cup granulated sugar
- 1 teaspoon vanilla
- 2 tablespoons water
- Sifted icing sugar
- 1 cup whipping cream
- ½ cup sifted icing sugar
- ¾ cup applesauce
- 1 tablespoon lemon juice
- ¼ teaspoon ground nutmeg

Grease bottom of 15" x 10" x 1" jelly roll pan. Line with waxed paper and grease again. Sift together flour, baking powder, salt, cinnamon and cloves. Beat egg whites until soft peaks form. Gradually add ½ cup granulated sugar, beating until stiff. Combine egg yolks, vanilla, ¼ cup granulated sugar and water and beat until thick and lemon coloured. Fold egg yolk mixture gently into egg whites. Add sifted dry ingredients, half at a time, folding gently but thoroughly after each addition. Pour batter into pan. Bake in a 375°F. GAS oven 12-15 minutes. Turn out immediately onto waxed paper dusted with sifted icing sugar. Peel paper from cake and trim edges with a sharp knife. While still warm, roll cake tightly in the waxed paper. Then roll tightly in a damp tea towel.

Beat whipping cream until stiff and add ½ cup icing sugar. Fold in apple sauce, lemon juice and nutmeg. Unroll cake carefully and spread with whipped cream mixture, leaving ½" of cake uncovered along one end. Roll again, starting with covered end. Place on serving plate, seam side down and sprinkle with icing sugar.

MAPLE SYRUP CAKE

- 2½ cups sifted cake flour
- ½ cup granulated sugar
- 3 teaspoons baking -powder
- 1 teaspoon salt
- ½ cup shortening
- 1 teaspoon vanilla
- 1½ cups maple syrup — milk mixture*
- 2 eggs

*Maple syrup-milk mixture. Combine 1 cup maple syrup and ½ cup milk.

Sift together flour, sugar, baking powder and salt. Add shortening, vanilla and 1 cup of maple syrup-milk mixture. Beat 2 minutes at medium speed on mixer. Add eggs and ½ cup of maple syrup-milk mixture. Beat 2 minutes. Pour batter into 2-9" layer cake pans, lined with waxed paper. Bake in a 350°F. GAS oven 30-35 minutes.

UNCOOKED FLUFFY FROSTING

- 3 egg whites
- ½ teaspoon cream of tartar
- 1 cup corn syrup
- 1 teaspoon vanilla

- ½ cup maple syrup
- ¼ cup granulated sugar
- ½ cup pecans

Beat egg whites with cream of tartar until frothy. Very slowly add corn syrup and continue beating until stiff but shiny. Add vanilla. Fill and frost cake.

Set Temperature Controlled Top Burner at 250°F. Cook maple syrup and sugar to the soft ball stage. Cool slightly and drizzle over icing. Garnish with pecans.

COFFEE AND CALORIES GALORE

GLAZED HARVEST O'FRUIT PIE

1 - 9" baked pie shell

6 heavy aluminum foil strips 1" x 4"

¾ cup blueberries
¾ cup raspberries
¾ cup strawberries
¾ cup canned peach slices
¾ cup canned apricot halves
¾ cup sweet cherries, pitted

½ cup granulated sugar
5 teaspoons cornstarch
1 cup liquid, drained from the canned yellow fruits
¼ cup lemon juice

In bottom of cooled pie shell arrange aluminum foil strips to form 6 equal sections. Place one fruit in each section. Combine sugar and cornstarch in saucepan. Stir in fruit juices and simmer over medium GAS flame until clear. Pour evenly over fruit. Remove aluminum foil strips and chill.

FROSTED GRAPE WHIP

1 cup grape juice
½ cup granulated sugar
2 egg whites
¼ teaspoon salt
1 cup whipping cream, whipped

Combine grape juice and sugar and boil over high GAS flame until it spins a heavy thread. Combine egg whites and salt and beat until stiff. Gradually pour grape mixture over stiffly beaten egg whites and beat until thick and cool. Fold into whipped cream. Freeze in parfait or sherbet glasses for 3 hours. Garnish.

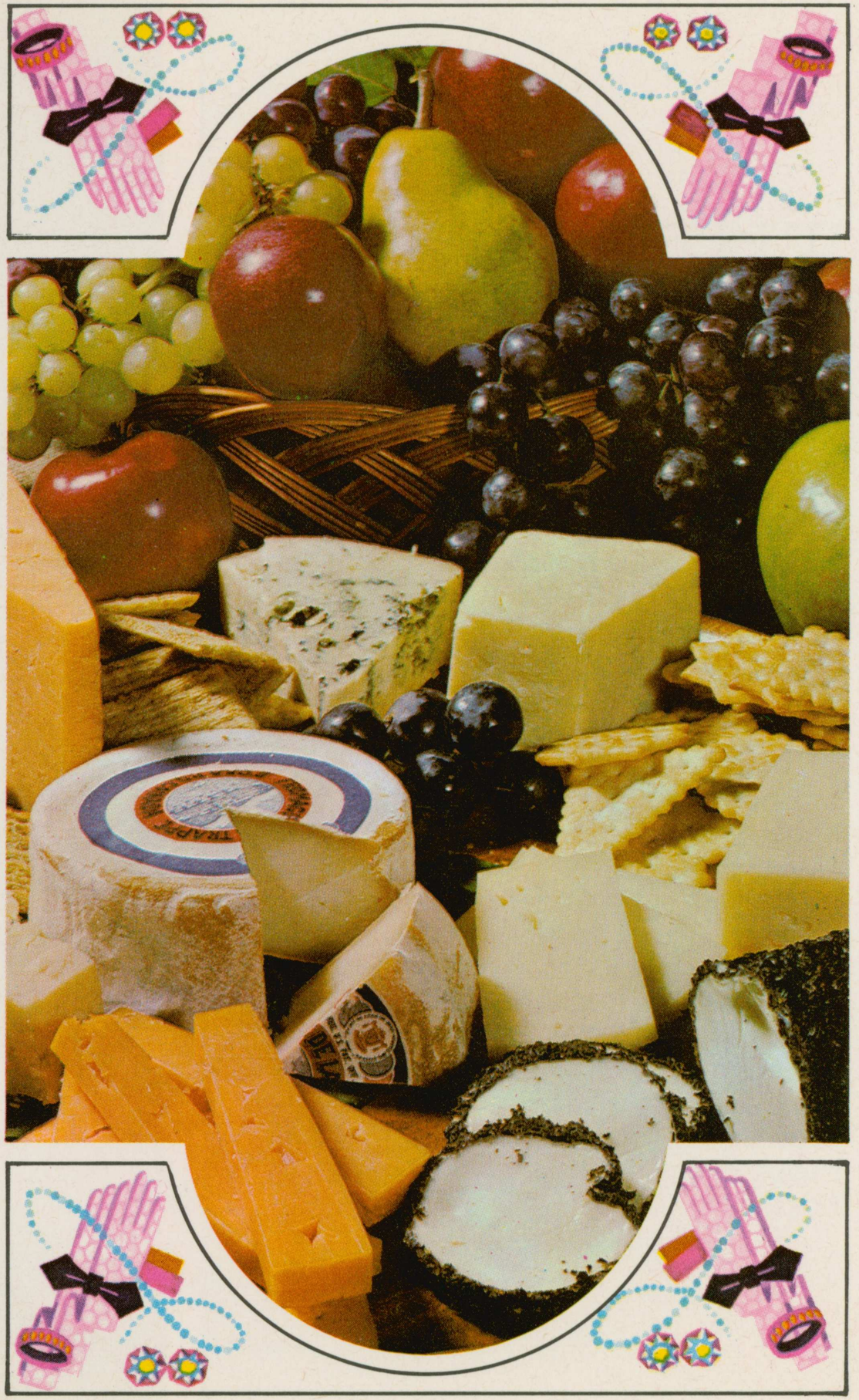
THE ELEGANT BUFFET

Nothing provides a more beautiful showcase for your fine linens, crystal and silver than the elegant buffet! The buffet table is placed along one wall of the dining room, adjacent to a smaller table for serving coffee and dessert. Cover the table with your best white linen, lace or damask cloth, or a pastel or print cloth as shown, colour-keyed to an occasion such as a birthday, shower or festive holiday. A centre-piece of your creation will set a mood of elegance and charm. At one end of the table arrange the napkins and various sizes of knives, forks and spoons. Now arrange food along the table in the order it will be served. The separate serving table is reserved for coffee and dessert. When serving a large crowd, the elegant buffet is the glamorous practical answer for the modern hostess.

BLACK TIE PRELUDES

The occasion is formal — the evening perfect — and you are the enchantress whose beautifully prepared "little nothings" set the mood for an unforgettable black-tie affair. How thoughtful of you to suggest that everyone meet at your home first. How ingenious of you to surprise and delight your guests with your own special canape creations! Your secret is careful planning . . . artistic arrangement . . . and these original recipes, guaranteed to be the perfect prelude to the perfect evening.

Canadian Cheese Tray
Cheese Puffs
Franks with Jelly *Crabmeat Mushrooms*
Bouchées à la Crabmeat,
Salmon, Chicken and Ham
Blue Cheese Ball *Pâté*
Pickled Bing Cherries
Pickled Watermelon Rind



CHEESE PUFFS

- 4 cups fat
- 2 egg whites
- 1 cup grated cheddar cheese
- ¼ cup fine dry bread crumbs

Set Temperature Controlled Top Burner at 375°F. to preheat fat. Beat egg whites until stiff but not dry. Fold in cheese and bread crumbs. Shape into small balls. Fry cheese balls in preheated fat 2-3 minutes. Serve warm.

FRANKS WITH JELLY

- 1 - 12 ounce jar red currant jelly
- 1 - 6 ounce jar prepared mustard
- 8 - 10 wieners
- Cocktail picks

Combine jelly and mustard in small saucepan and simmer over low GAS flame. Cut wieners diagonally into bite-size pieces and add to sauce. Heat 5 minutes. Insert cocktail picks in wieners for serving. Use remainder of sauce for dunking or for reheating additional pieces.

CRABMEAT MUSHROOMS

- ¼ cup tomato juice
- 1 egg, beaten
- ½ teaspoon chopped parsley
- ½ teaspoon chopped celery leaves
- 1 cup fine dry bread crumbs
- ⅛ teaspoon salt
- Dash pepper
- 1 - 6½ ounce can crab meat, flaked
- 12 large fresh mushrooms
- ½ cup fine dry bread crumbs
- 1 tablespoon butter, melted

Mix tomato juice and egg. Add parsley, celery leaves, 1 cup crumbs, salt, pepper and crab meat. Mix thoroughly.

Wash mushrooms and remove caps from stems. If mushrooms are extra large, pour boiling water over caps and let stand 1 minute. Stuff caps with crab meat mixture. Combine ½ cup crumbs with melted butter, and sprinkle on top. Broil under high GAS flame about 10 minutes.

BOUCHÉES

- 1 cup boiling water
- ½ cup butter
- 1 cup sifted all purpose flour
- 4 eggs

Combine boiling water and butter over high GAS flame until butter has melted. Add flour all at once. Reduce flame to simmer and stir until mixture forms a ball and leaves the sides of the pan. Remove from flame and beat in eggs, one at a time. Beat until mixture is glossy. Chill. Place by teaspoonfuls on greased baking sheet. Bake in a 450°F. GAS oven 15 minutes. Reduce temperature to 375°F. and continue baking 15 minutes.

CRABMEAT FILLING

- 2 cups crabmeat, flaked
- 2 tablespoons lemon juice
- 2 teaspoons grated onion
- 1 cup finely chopped cucumber
- 2 tablespoons finely chopped green pepper
- ½ cup mayonnaise
- ¼ teaspoon salt

Combine crabmeat, lemon juice, grated onion, cucumber, green pepper, mayonnaise and salt.

SALMON FILLING

- 2 cups salmon, flaked
- 3 hard cooked eggs, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon prepared hot mustard
- ¼ cup vinegar
- ¼ cup salad dressing
- ¼ cup chopped sweet pickle

Combine salmon, eggs, salt, pepper, mustard, vinegar, salad dressing and pickle.

CHICKEN AND HAM FILLING

- 1½ cups diced cooked chicken
- 1½ cups diced cooked ham
- ½ teaspoon minced onion
- ¼ cup diced ripe olives
- ¼ cup French dressing
- ½ cup mayonnaise
- 1 teaspoon dry mustard

Combine chicken, ham, onion and ripe olives. Marinate 1 hour in French dressing and drain. Combine mayonnaise and mustard. Add to chicken mixture and toss lightly.

BLUE CHEESE BALL

- ½ pound Blue or Roquefort cheese
- 1 - 8 ounce package cream cheese
- ½ cup commercial sour cream
- 1 tablespoon finely chopped celery
- 3 green onions, finely chopped
- 1 cup finely chopped parsley

or

- ⅔ cup finely chopped walnuts

Grate Blue cheese into a large bowl. Combine with cream cheese, sour cream, celery and chopped onions. Mix until fluffy. Shape into a ball about 4" in diameter. Roll ball in chopped parsley or walnuts. Refrigerate.

PÂTÉ

- 2 pounds calves liver
- 2 pounds sausage meat
- Salt
- Pepper
- 6 slices bacon
- 2 hard cooked eggs
- 6 ounces sliced liverwurst sausage
- 6 ounces cooked ham
- 6 ounces cooked tongue
- 6 chicken livers

Mix the liver and sausage meat together in blender and add salt and pepper to season. Grease a 9" x 5" loaf pan and line with bacon slices. Place half the liver-sausage meat mixture in pan. Half eggs lengthwise and arrange on top of meat mixture. Mix liverwurst sausage, ham, tongue and chicken livers in blender and cover egg layer. Add remaining liver-sausage meat mixture and cover the whole with waxed paper. Bake in a 275°F. GAS oven 1½-2 hours. Remove from oven and press down the top with a brick. Chill thoroughly. Unmould and cut in slices.

PICKLED BING CHERRIES

- 2½ cups white wine vinegar
- 2½ cups water
- 1 teaspoon salt
- 2 tablespoons granulated sugar
- Bing cherries

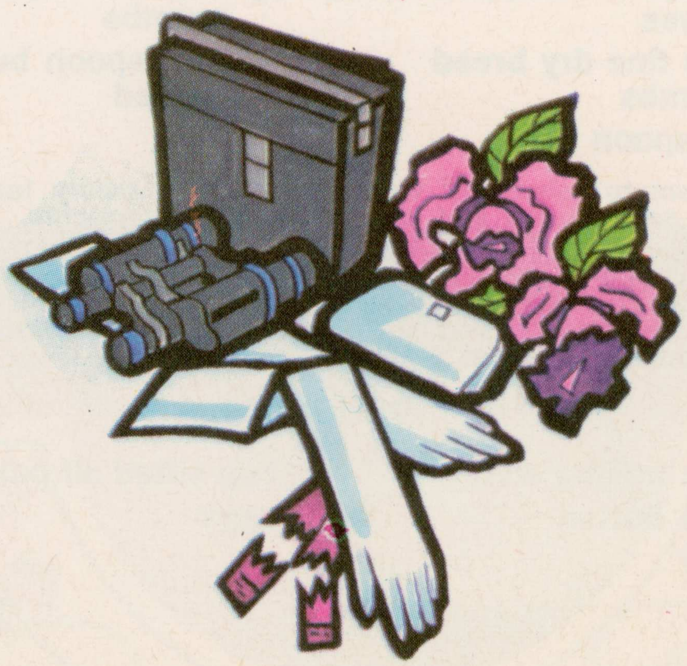
Combine vinegar, water, salt and sugar. Boil over high GAS flame 15 minutes. Cool thoroughly. Wash cherries and without removing stems, pack into sterilized jars. Pour cooled liquid over cherries. Seal jars.

PICKLED WATERMELON RIND

- 1 watermelon
- 1 quart water
- 4 teaspoons salt
- 4 cinnamon sticks, broken
- 3 tablespoons whole cloves
- 3 tablespoons whole allspice
- 2 tablespoons whole ginger
- 6 cups white vinegar
- 4 pounds granulated sugar
- 1 lemon, thinly sliced
- 1 cup red maraschino cherries

Remove all pink from watermelon rind. Cut into 1" squares or small rounds. Remove green skin. Combine water and salt to make brine solution and soak rind overnight. Drain. Cover with fresh water. Cook until tender over medium GAS flame, 45-60 minutes. Tie stick cinnamon, whole cloves, whole allspice and whole ginger in a cheesecloth bag. Combine vinegar, sugar, lemon and spice bag and boil over high GAS flame 5 minutes. Add rind and simmer about 25 minutes. Add maraschino cherries and simmer 5 minutes longer. The fruit should become transparent when a piece is lifted from syrup. Place fruit in sterilized jars and cover with syrup. Seal.

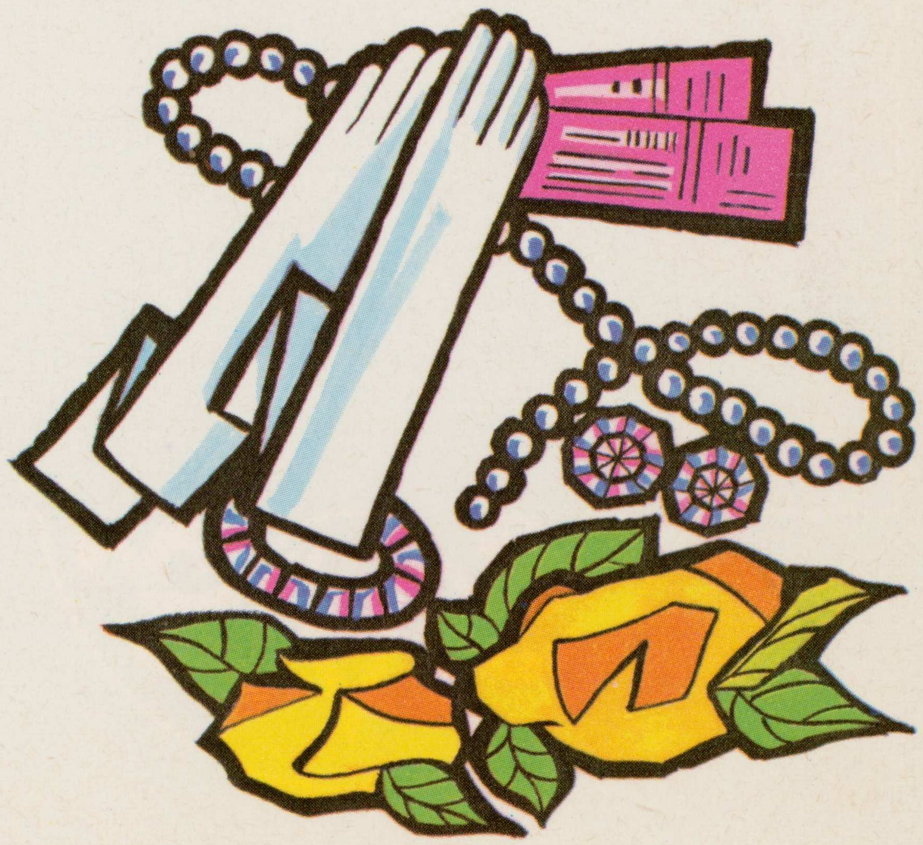
Yield: 6 pints.



GRAND FINALE TO A SPECIAL EVENING

It's a very special evening . . . the company is stimulating . . . the entertainment superb . . . and now it's your turn to shine as a late-evening hostess!

When planning a grand finale to a special evening, give your guests plenty of notice to allow for baby-sitting and other arrangements. Extend the late-evening invitation a week or so before the event. It may be an informal get-together, or a late supper, usually set for a Friday or Saturday evening when the clock can be forgotten. With careful planning and before-hand preparation, your grand finale can be the most delightful way to end a perfect evening!



MAGIC FOR MIDNIGHT

The French call it "Savoir-faire" . . . that wonderfully artistic knack of doing the right thing . . . the right way . . . at the right time! And when the evening is ending, nothing could be more right than surprising your guests with the charm of a midnight supper! In keeping with the hour, choose light, delicately-flavoured foods, served in small individual portions . . . or from a candle-lit buffet.

Prunes with Bacon
Marinated Cocktail Sausage
Little Sausage Bites
Chicken Première or *Seafood Madrilene*
Shades o' Green Salad
Tomato French Dressing
Cheese Straws
Coffee *Tea*

French Crêpes

PRUNES WITH BACON

Side bacon
Pitted prunes
Wooden cocktail picks

Cut bacon slices in half and wrap around prunes. Fasten with wooden cocktail picks. Broil under high GAS flame 2-3 minutes on each side.

MARINATED COCKTAIL SAUSAGE

1 - 8 ounce jar of red currant jelly
2 tablespoons horseradish
Cocktail sausages
Wooden cocktail picks

Combine red currant jelly and horseradish in saucepan. Set Temperature Controlled Top Burner at 200°F. and heat until jelly is melted. Add sausages and continue heating for about 5 minutes or until ready to serve. Insert cocktail picks in sausages and serve from a chafing-dish.

LITTLE SAUSAGE BITES

1 pound sausage meat
1 egg, slightly beaten
½ cup fine cracker crumbs
⅓ cup milk
½ teaspoon sage
½ cup water
¼ cup ketchup
2 tablespoons brown sugar
1 tablespoon vinegar
1 tablespoon soy sauce

Combine sausage meat, egg, cracker crumbs, milk and sage. Beat at high speed on mixer 5 minutes. Shape into 3 dozen 1" balls and place in an ungreased 10" skillet. Set Temperature Controlled Top Burner at 225°F. and brown sausage bites on all sides. Pour off excess fat. Combine water, ketchup, brown sugar, vinegar and soy sauce. Pour over sausage bites. Cover. Reset temperature to 200°F. and simmer 15 minutes. Insert cocktail picks in sausage bites. Serve from chafing-dish.

CHICKEN PREMIÈRE

6 tablespoons butter
1 teaspoon salt
2 teaspoons paprika
½ teaspoon pepper
2 cups sliced, fresh mushrooms
2 - 10 ounce cans condensed cream of chicken soup
4 chicken breasts, split
½ cup minced onion
¾ cup dry white wine
½ teaspoon Tabasco sauce
½ cup currant jelly

Place 4 tablespoons butter in skillet. Set Temperature Controlled Top Burner at 300°F. Combine salt, paprika and pepper and sprinkle on chicken breasts. Brown in skillet. Add onion and ½ cup wine. Reduce temperature to 225°F. Cover and cook 30 minutes. Sauté mushrooms in remaining butter over medium GAS flame. Add mushrooms, remaining wine, soup, Tabasco sauce and jelly to chicken. Mix well and heat thoroughly.

SEAFOOD MADRILENE

3 cups tomato juice
+
½ cup sherry
OR
3½ cups tomato juice
1 bouillon cube
¼ teaspoon tarragon
½ teaspoon chopped parsley
1 teaspoon granulated sugar
½ teaspoon celery salt
1 tablespoon Worcestershire sauce
2 tablespoons unflavoured gelatin
½ cup cold water
1½ pounds shrimps, cooked and deveined

Combine tomato juice and sherry with the bouillon cube, tarragon, parsley, sugar, celery salt and Worcestershire sauce in a saucepan. Simmer over medium GAS flame 20 minutes. Soften gelatin in cold water and dissolve in hot tomato liquid. Chill until slightly thickened. Fold in shrimps. Pour into 4 cup ring mould which has been rinsed with cold water. Chill until firm. Garnish with additional shrimps and watercress. Serve with Remoulade Sauce.

REMOULADE SAUCE

4 hard cooked eggs
1 cup mayonnaise
1 teaspoon dry mustard
2 tablespoons chopped parsley
2 tablespoons chopped green pepper
8 stuffed olives, sliced
4 teaspoons anchovy paste
½ teaspoon Worcestershire sauce
Tabasco sauce
½ teaspoon salt

1 teaspoon grated onion
½ teaspoon pepper

Chop yolks of hard cooked eggs and discard whites. Add mayonnaise, mustard, parsley, pepper, onion, olives, anchovy paste, Worcestershire sauce, Tabasco sauce, salt and pepper. Blend well.

SHADES O'GREEN SALAD

3 cups spinach
2 cups lettuce
4 stalks celery, diced
½ green pepper, diced
1 cucumber, diced
2 tablespoons chopped chives
⅓ cup Tomato French Dressing

Tear spinach and lettuce into pieces reserving some spinach for garnish. Toss celery, green pepper, cucumber and chives with lettuce and spinach. Add Tomato French Dressing and toss lightly to coat the greens.

CHEESE STRAWS

1¼ cups sifted pastry flour
½ teaspoon salt
⅓ cup shortening
½ cup grated sharp cheddar cheese
1½ - 3 tablespoons water
Salt
Caraway seeds
Paprika

Sift together flour and salt. Cut in shortening. Add grated cheese. Add water using only a small portion at a time until the mixture holds together. Roll to fit a 15" x 10½" baking sheet. Transfer to baking sheet and trim edges. Cut dough lengthwise into thirds and crosswise into ¾" strips. Sprinkle with salt, caraway seeds and paprika. Bake in a 400°F. GAS oven 7-8 minutes.

FRENCH CRÊPES

1 cup sifted pastry flour
2 tablespoon granulated sugar
¼ teaspoon salt
3 eggs, beaten
1 cup milk
2 tablespoons butter, melted

Sift together flour, sugar and salt. Add beaten eggs and milk and beat until smooth. Stir in melted butter. Let stand 1 hour. Lightly grease a small heavy skillet or crêpe pan. Set Temperature Controlled Top Burner at 300°F. Pour in enough batter to coat the bottom of the pan when it is tipped back and forth. The crêpe should be very thin. Cook until crêpe is golden on one side. Turn and brown the other side. Serve with one of the following fillings or sauces.

ALMOND MAPLE CRÊPES

¼ cup granulated sugar
½ cup toasted slivered almonds
1 cup whipping cream, whipped
Maple syrup

Combine sugar, almonds and whipped cream. Fill each crêpe with this filling and roll up. Serve with maple syrup.

SHRIMP APPLE CRÊPES

1 - 10 ounce can frozen cream of shrimp soup
2 apples, peeled, cored and chopped
2 tablespoons Canadian sherry
½ cup finely grated cheddar cheese

Thaw soup. Add chopped apple and sherry. Fill each crêpe with this filling and roll up. Top with finely grated cheddar cheese. Broil under high GAS flame until lightly browned.

CHERRY CRÊPES

1 - 8 ounce jar cherry jelly
½ cup granulated sugar
⅓ cup water
3 - 4 tablespoons kirsch

Combine cherry jelly, sugar and water in a small saucepan and bring to a boil over high GAS flame. Reduce flame and simmer until thickened. Add kirsch. Fold crêpes into quarters and pour cherry syrup over crêpes.

SPICED COFFEE

To make coffee; use 2 level tablespoons of coffee for each ¾ cup water. Pour into cups. Top with a generous spoonful of unsweetened whipped cream and a sprinkling of grated orange rind. Serve with sugar and cinamon sticks.

TABLE SETTINGS

THE FORMAL TABLE SETTING

Setting the table for a formal sit-down dinner involves a few basic rules. A white table cloth and matching dinner napkins is the usual choice. Set the table with your finest, freshly-polished silver, crystal and china as shown. Place the centerpiece in the exact middle of the table with the candelabra placed half-way between the centerpiece and the ends of the table. The centerpiece which should be low enough to allow for easy conversation can be of fresh flowers or fruit. The beauty of a formal dinner table is in the taste and elegance with which it is set.

THE INFORMAL TABLE SETTING

Setting an informal dinner table provides plenty of scope for creative talents in selecting the centerpiece, the linen to complement the decor of the room and the meal to be served. White linen is always correct. Prints, textures and pastels enjoy equal popularity. Each place is set with the basic flatware and china as illustrated. After the main course, cups and saucers are placed beside the hostess who then pours the tea or coffee and passes it to her guests. While candles are not necessary for an informal dinner . . . when correctly colour-keyed to the setting they add a wonderfully festive touch to any meal!

THE GENTLEMAN ENTERTAINS

The modern male trend to hobby-cooking has earned many a gentleman the envy and admiration of the fairer sex! The gentleman's approach to cooking is usually based on selecting and specializing in about half a dozen gourmet dishes. He will experiment with various combinations and flavourings until he finds the exact balance he's been looking for. This perseverance may help to explain why the world's most famous chefs are men! But whatever the reason . . . the recipes offered here will prove once and for all, that there's nothing like being a guest when the gentleman entertains!

Consomme Au Sherry
Flaming Duck with Vegetables l'Orange
Mushroom Wild Rice
Tossed Salad or Sliced Tomatoes and Onion
Crusty Onion Bread
Maple Nut Sundae *Frais Au Vin*
Coffee *Tea*

Barbecued Chuck
Adam's Ribs
Broiled Winnipeg Goldeye
Stuffed Whole Fish with Almond Sauce
Baked Potatoes and Herbed Cream

Smothered Pheasant
Moose Roast Hunter's Style
Broiled Venison Chops

FLAMING DUCK WITH VEGETABLES L'ORANGE

- 2 - 5 pound oven-ready ducks
- 1 teaspoon salt
- Freshly ground black pepper
- 6 carrots, sliced
- 4 large onions, sliced
- 6 tablespoons butter
- 2 oranges
- 2 cups water
- 1 cup red currant jelly
- ¼ cup Canadian dry red wine
- 1 cup brandy

Rub cavity of duck with salt and pepper. Place ducks on a rack in a shallow roasting pan. Bake in a 325°F. GAS oven 2½-3 hours. Sauté carrots and onions in butter over a medium GAS flame until onions are golden brown. Squeeze the oranges and save juice. Cut orange rind into thin strips. Simmer rind in the water over medium GAS flame 15 minutes. Strain, reserving the rind and water. When the ducks are cooked, remove them from the roasting pan, transfer to heated platter and keep them hot. Drain fat from pan. Add the carrot and onion mixture, orange juice, water, jelly and wine to juices left in pan. Heat over high GAS flame, stirring constantly. Strain sauce and add orange rind. To serve ducks, pour some of the brandy in a ladle and the rest over the ducks. Warm the brandy in the ladle over a low GAS flame. Light brandy and flame ducks. Spoon the blazing brandy over the ducks so the flavour penetrates. Pour hot sauce into a sauce boat and serve with the ducks.

MUSHROOM WILD RICE

- ½ cup wild rice
- 1 - 10 ounce can sliced mushrooms
- ½ teaspoon salt
- 1⅓ cups quick cooking rice
- 2 tablespoons butter

Prepare wild rice according to package directions. Drain mushrooms, reserving liquid. Add enough water to mushroom liquid to measure 1⅓ cups. Add salt. Use as the liquid for preparing quick cooking rice and cook according to package directions. Combine wild rice, white rice, mushrooms and butter. Cover and keep warm over low GAS flame.

CRUSTY ONION BREAD

- 1 loaf French bread
- ⅓ - ½ cup soft butter
- 2 tablespoons dry onion soup mix

Slash French bread diagonally into thick slices almost through to the bottom of the loaf. Combine butter and onion soup mix. Spread on all slices. Wrap in aluminum foil and bake in a 400°F. GAS oven 15 minutes.

MAPLE NUT SUNDAE

- 1 cup maple syrup
- 1 cup granulated sugar
- ¼ teaspoon salt
- ½ cup evaporated milk
- 2 tablespoons butter
- 1 teaspoon maple flavouring
- ¼ cup slivered almonds, toasted
- Vanilla ice cream

In a saucepan, combine maple syrup, sugar, salt, evaporated milk and butter. Cook over medium GAS flame stirring constantly until mixture comes to a boil. Boil uncovered 5 minutes, stirring occasionally. Remove from flame. Stir in maple flavouring and almonds. Serve warm over vanilla ice cream.

FRAIS AU VIN

- 2 quarts strawberries
- 5 tablespoons granulated sugar
- 2 cups Canadian red wine

Clean and wash strawberries without removing stems. Sprinkle with sugar and pour wine over berries. Allow to marinate in refrigerator for several hours.

BARBECUED CHUCK

- 4 - 4½ pounds boneless chuck steak, 2" thick
- 2 - 2½ teaspoons unseasoned meat tenderizer
- 1 medium onion, finely chopped
- 1 clove garlic, finely chopped
- 2 tablespoons salad oil
- ½ teaspoon basil
- ½ teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon granulated sugar
- 1 - 20 ounce can tomatoes, undrained
- 1 - 8 ounce can tomato sauce

Sprinkle steak evenly on all sides with unseasoned meat tenderizer. With fork, pierce meat at 1" intervals to ensure tenderizer's penetration. Let meat stand at room temperature 30 minutes.

In 10" skillet, sauté onion and garlic in salad oil over high GAS flame until golden and tender. Stir in basil, salt, pepper, sugar, tomatoes and tomato sauce. Bring to a boil. Reduce flame and simmer 30 minutes.

Broil steak 3" from high GAS flame 20 minutes on each side for medium rare. To serve, slice thinly on diagonal and top each serving with some of the sauce.

ADAM'S RIBS

- 3 quarts boiling water
- 6 pounds spareribs, cut in serving pieces
- 4 whole cloves
- 1 medium onion
- 1 teaspoon salt
- 1 teaspoon oregano
- 1 teaspoon marjoram
- 1 teaspoon rosemary
- 1 teaspoon thyme
- ⅓ cup ketchup
- 1 cup Canadian dry red wine
- 1 tablespoon soy sauce
- ¼ teaspoon ginger
- 2 tablespoons honey
- 1 clove garlic, finely chopped

Pour boiling water over spareribs in a deep kettle. Insert cloves in onion. Add to spareribs along with salt, oregano, marjoram, rosemary and thyme. Bring mixture to a boil over high GAS flame. Reduce flame and simmer covered, until spareribs are tender, about 50 minutes. Drain and discard liquid. Arrange spareribs in shallow pan. To make sauce, combine ketchup, wine, soy sauce, ginger, honey and garlic and pour over spareribs. Refrigerate covered for several hours. Remove spareribs from sauce and place on ungreased broiler pan. Broil 4" from high GAS flame 10 minutes on each side, basting frequently with the sauce.

BROILED WINNIPEG GOLDEYE

Wipe fish with a damp cloth, brush with melted butter. Place on broiler pan and broil 3" from high GAS flame 5 minutes on each side. Peel off head and skin before serving.

BAKED STUFFED FISH WITH ALMOND SAUCE

- 3 - 5 pounds salmon, trout, whitefish or pike
- 3 cups soft bread crumbs
- 3 teaspoons lemon juice
- 5 tablespoons butter, melted
- 3 teaspoons chopped onion
- 3 teaspoons chopped pickle
- 3 teaspoons chopped capers
- ½ teaspoon poultry seasoning
- ½ teaspoon thyme
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 teaspoons chopped parsley
- 3 tablespoons water

Clean and scale fish, cut off fins and sprinkle inside with salt. Combine remaining ingredients in the order listed to make stuffing. Stuff fish and sew up. Brush with cooking oil and place in greased pan. Bake in a 450°F. GAS oven allowing 10 minutes per inch thickness.

ALMOND SAUCE

- 6 tablespoons butter
- 1 teaspoon minced parsley
- 1 teaspoon very finely chopped green pepper
- 1 teaspoon lemon juice
- 2 tablespoons slivered, toasted almonds

Melt butter in skillet over medium GAS flame. Add parsley and pepper and cook gently 3 minutes, not allowing to brown. Add lemon juice and almonds. Serve hot over baked fish.

BAKED POTATOES WITH HERBED CREAM

- 6 potatoes
- 1 cup sour cream
- 1 teaspoon chopped chives
- ¼ teaspoon dill
- ¼ teaspoon bottled steak sauce
- Dash pepper

Wash and pierce potatoes. Bake in a 400°F. GAS oven approximately 1 hour. To prepare topping, combine sour cream, chives, dill, steak sauce and pepper. Let stand at room temperature for 1 hour. Cut baked potatoes and spoon on topping.

SMOTHERED PHEASANT

- 1 cup sifted all purpose flour
- 2 teaspoons salt
- ½ teaspoon pepper
- ½ cup shortening
- 2 pheasants, cut in serving pieces
- 1 cup light cream

Mix flour, salt and pepper in a paper bag. Heat shortening in heavy skillet or Dutch oven over medium GAS flame. Shake pheasant pieces in paper bag until each piece is well coated with seasoned flour. Add pheasant to hot fat and brown well on each side. Add cream. Cover, reduce flame to simmer and cook 1½ hours or until tender. If liquid becomes too thick, gradually blend in hot water.

ROAST MOOSE HUNTER'S STYLE

(6 Day Marinade)

- 6 pound moose roast
- Canadian red wine or sherry
- Salad oil
- 8 pepper corns
- ¼ teaspoon marjoram
- ¼ teaspoon thyme
- 1 bay leaf
- 1 onion, sliced
- 1 carrot, cut in strips

- Slices of pork fat
- ½ cup Canadian red wine
- ½ cup sour cream
- ½ cup red currant jelly

Remove all fat from roast. Make a marinade by combining 2 parts wine to 1 part of salad oil. Place roast in bowl into which it just fits. Sprinkle with pepper corns, marjoram, thyme and bay leaf. Cover with onion and carrot. Pour marinade over roast to completely cover. Cover loosely with foil and marinate in refrigerator for **6 days.**

Drain meat and discard marinade.

Place meat on rack in roasting pan and cover with slices of pork fat. Roast uncovered in a 275°F. GAS oven allowing 1 hour per pound. Make gravy from drippings by adding ½ cup red wine. Bring to a boil over medium GAS flame. Slowly add sour cream and red currant jelly.

BROILED VENISON CHOPS

- 4 venison loin chops, ¾" thick
- Vinegar
- Salad oil
- Dill seed
- Celery seed
- Ground cloves
- Thyme
- 1 bay leaf
- 1 onion, sliced
- 1 clove garlic, chopped
- Celery leaves
- Parsley
- 1 carrot, sliced

- ½ cup butter, melted
- ¼ cup lemon juice

Combine 1 part vinegar with 3 parts salad oil. Season with your own selection of spices listed. Place chops in a large bowl, and cover with the marinade. Refrigerate for 3-4 hours.

Drain meat and discard marinade. Combine melted butter and lemon juice. Place chops on ungreased broiler rack and brush with lemon butter sauce. Broil 3" from high GAS flame 10 minutes on each side. Brush chops several times as desired.

BIG TREATS FOR LITTLE PEOPLE

Nothing is quite as exciting, lively and satisfying, as the first time your tiny host or hostess entertains!

Rodeo Stuffed Wieners or Fritter Franks
Boy and Girl Salads
Mountain Valley Cake Candy Apples on Sticks
Maple Shake

RODEO STUFFED WIENERS

- 8 wieners
- ½ cup grated cheddar cheese
- 3 tablespoons sweet pickle relish
- ⅛ teaspoon monosodium glutamate
- ⅛ teaspoon salt
- Few grains cayenne pepper
- 8 slices bacon

Split wieners lengthwise, not quite through. Mix grated cheese, relish, monosodium glutamate, salt and cayenne pepper. Stuff wieners with mixture. Wrap each stuffed wiener with a slice of bacon and fasten with a wooden pick. Place wieners on broiler rack. Broil under high GAS flame about 4 minutes on each side.

FRITTER FRANKS

- 4 - 5 cups fat
- 1 cup sifted all purpose
- ⅔ cup milk
- 1 egg, beaten

flour
2 teaspoons baking powder
1 teaspoon dry mustard
¼ teaspoon salt
8 - 10 long, thin wooden skewers
8 - 10 wieners
Ketchup
Mustard

Set Temperature Controlled Top Burner at 375°F. to preheat fat. Sift together flour, baking powder, mustard and salt. Add milk and egg. Insert a wooden skewer lengthwise into each wiener and dip into batter. Fry Fritter Franks in preheated fat 4-5 minutes or until the batter is cooked. Serve hot with ketchup and mustard.

MOUNTAIN VALLEY CAKE

1 - 16 ounce package angel food cake mix
3 pints vanilla ice cream
1 recipe Chocolate Butter Frosting
1 cup Butterscotch Sauce
½ cup chopped walnuts

Using a 4 quart oven-proof mixing bowl prepare an angel food cake according to package directions. Bake in the same bowl in a 350°F. GAS oven 45 minutes. Remove from oven. Invert bowl immediately and rest on 2 inverted cake tins to cool. Loosen cake from sides of bowl with a long metal spatula and turn out onto cake rack. Turn flat side of cake up.

While cake is cooling, shape 12 ice cream balls and store on a cookie sheet in the freezer.

Starting 1" in from the edge of the cake insert a sharp knife, at a shallow angle, to the centre of the cake. Make a complete circle with the knife and remove from the centre, the shallow cone-shaped pieces thus formed. The cone should be approximately 1" deep. Around the top edge of the cake, place 8 toothpicks 3½" apart, at right angles to the edge. Between every two picks and 1" below, centre another pick. Make diagonal cuts from one lower pick to upper picks on each side and remove wedge formed. Repeat until all 8 wedges are removed. Prepare Chocolate Butter Frosting. Invert cake on inverted bowl and frost lightly to set crumbs. With rest of frosting and a small spatula, make 3 stroke marks on each wedge, ending at peaks. Let frosting set.

At dessert time, set cake right side up on a cake stand and fill with ice cream balls. Pour Butterscotch Sauce over ice cream and garnish with chopped walnuts.

CHOCOLATE BUTTER FROSTING

1½ squares unsweetened chocolate
¼ cup butter
⅛ teaspoon salt
2¾ cups sifted icing sugar
1 egg, unbeaten
¾ teaspoon vanilla
1 tablespoon milk

Place unsweetened chocolate in covered saucepan. Set Temperature Controlled Top Burner at 190°F. and melt chocolate. Combine butter, salt and 1 cup icing sugar in a small bowl and beat until light and fluffy. Blend in egg, vanilla and melted chocolate. Beat until very smooth, adding rest of sugar and milk gradually.

BUTTERSCOTCH SAUCE

1½ cups brown sugar, firmly packed
½ cup light corn syrup
⅓ cup butter
½ teaspoon vanilla
⅔ cup evaporated milk

Combine brown sugar, corn syrup, butter and vanilla in a saucepan. Set Temperature Controlled Top Burner at 250°F. and cook mixture 3-4 minutes until it reaches the soft ball stage. Cool 5 minutes and blend in evaporated milk. Serve cool over ice cream. Refrigerate remaining sauce.

Yield: 2¼ cups.

CANDY APPLES ON STICKS

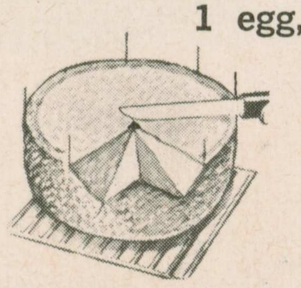
1 - 14 ounce package vanilla caramels
2 tablespoons water
Dash salt
¼ teaspoon red food colouring
6 wooden skewers
6 unpared, crisp medium size apples
Chopped walnuts

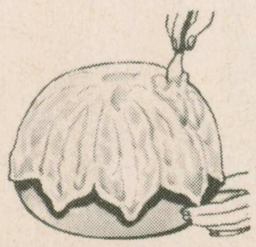
Combine caramels, water and salt in saucepan. Set Temperature Controlled Top Burner at 200°F. and melt caramels. Stir in food colouring. Stick skewer into blossom end of each apple. Dip apple into caramel syrup and turn until the apple is completely coated. Dip at once in chopped nuts. Set on cookie sheet and chill.

MAPLE SHAKE

¼ cup maple syrup
1 quart milk
4 - 6 scoops maple or vanilla ice cream

Add maple syrup to milk and shake well. Fill tall glasses and add one scoop of ice cream to each glass.





TEEN SCENE

When your teen-ager has a party . . . be prepared for a Go-Go-Go evening filled with the high spirits . . . unlimited energy . . . and ravenous appetites that go hand-in-hand with youth! Remember the object of the party is fun . . . discuss the arrangements with your teen-ager beforehand. See that there's plenty of food and soft drinks on hand and offer your help in serving if it is needed. Your teen-ager will learn more about the art of gracious entertaining . . . and your home will be the "in" place for the perfect teen-age party.

Tuna Platter
Cucumber Relish Boat
Popcorn Logs *Stacks o'Records*
Shook-Up Punch

TUNA PLATTER

4 tablespoons shortening
1½ cups biscuit mix
5 - 6 tablespoons milk

1 - 7½ ounce can tuna fish
1 - 10½ ounce can condensed cream of mushroom soup
2 tablespoons chopped pimento
2 teaspoons minced onion
¼ teaspoon rosemary
¼ teaspoon savoury
½ cup slivered, blanched almonds

½ cup fine dry bread crumbs
2 tablespoons butter, melted

Cut shortening into biscuit mix. Add milk. Blend with a fork. Turn out on floured board. Knead 8-10 times. Place on greased baking sheet. Roll out to circle or rectangle ⅛" thick. Crimp edges of pastry.

Rinse tuna fish with boiling water. Combine tuna with soup, pimento, onion, rosemary, savoury and almonds. Spread on pastry.

Top with buttered crumbs. Bake in a 425°F. GAS oven for 12 minutes.

CUCUMBER RELISH BOAT

Cut a thin lengthwise slice from top of whole cucumber. Hollow out cucumber pulp. Notch cut edges into points. Spear small cocktail onions, green and black olives, sweet pickle chunks, cheese cubes and cherry tomatoes with wooden picks. Fill hollowed out cucumber.

POPCORN LOGS

3 tablespoons salad oil
⅔ cup popping corn

1½ cups light corn syrup
¾ cup granulated sugar
1 package fruit flavoured gelatin

Measure salad oil into 10" skillet with a tight fitting lid. Add popping corn. Cover. Set Temperature Controlled Top Burner at 375°F. Cook 5-8 minutes, or until popping stops. Pour into large bowl.

Combine syrup and sugar. Bring to a boil over high GAS flame. Remove from flame. Add gelatin and stir until dissolved. Pour over popped corn, and shape into logs. Chill and slice.

STACKS O'RECORDS CAKE

¾ cup water
3 egg yolks
1 cup granulated sugar
¾ teaspoon vanilla
1¼ cups sifted pastry flour
2¼ teaspoons baking powder
¾ teaspoon salt
3 egg whites
3 tablespoons granulated sugar

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4 ounces semi-sweet chocolate
¼ cup granulated sugar
½ cup strong coffee
1 cup butter
1 teaspoon vanilla

Add water to egg yolks and beat until very light and fluffy. Add the 1 cup sugar gradually, beating well after each addition. Add vanilla. Sift together flour, baking powder and salt and add to egg yolk mixture. Blend well. Beat egg whites until stiff but not dry and beat in the 3 tablespoons of sugar. Fold into cake batter. Pour 1 cup batter into each of 6 well greased 8" layer cake pans. This will be a very thin layer in each pan. Bake in a 400°F. GAS oven 9-10 minutes. Remove cake from pans while hot.

Place chocolate, sugar and coffee in a saucepan. Bring to a boil over a low GAS flame. Cool slightly, add butter and vanilla and beat until creamy. Chill 15 minutes. Spread each layer with a thin coating of chocolate filling. Stack layers, one on top of each other. Place paper doilie or Maple Leaf stencil on chocolate coated top layer. Sift icing sugar over doilie and remove doilie gently so that pattern remains clear.

SHOOK-UP PUNCH

2 teaspoons instant tea
or
1 tea bag
1½ cups boiling water
⅔ cup granulated sugar
¾ cup boiling water
1 cup grape juice
¼ cup lemon juice
¼ cup orange juice
6 ounces gingerale

Add tea to 1½ cups boiling water. Let stand 5 minutes. Cool. Dissolve sugar in ¾ cup boiling water. Cool. Combine tea, sugar syrup, grape juice, lemon juice and orange juice. Before serving, add gingerale and ice cubes.

POOL AND PATIO PARTIES

With our original pool and patio ideas, the whole family has a chance to help in the preparation, cooking and serving of these great outdoor meals!

Rotisserie Leg of Lamb
"Calgary Special" Barbecued Steaks
Apple Chops *Royal Ribs*
Kabob of Beef *Dinner on a Dagger*
Chateaubriand
Tossed Greens *Baked Potato with Toppings*
Alberta Corn *Fresh Whole Fruits* *Long Boy Loaf*

ROTISSERIE LEG OF LAMB

- 6 - 8 pound leg of lamb
- 1 clove garlic, chopped
- ⅓ cup salad oil
- ¼ cup water
- ¼ cup lemon juice
- ¼ cup soy sauce
- ½ teaspoon Worcestershire sauce
- 1 teaspoon granulated sugar
- ½ teaspoon salt
- Dash Tabasco sauce

Have butcher bone, roll lengthwise and tie leg of lamb. Insert rotisserie spit lengthwise through centre of meat. Secure with holding forks. To prepare sauce, combine remaining ingredients. Rotisserate over medium GAS flame 2½-3 hours. After first half hour of roasting, brush lamb with sauce every 15 minutes.

POOL AND PATIO PARTIES

"CALGARY SPECIAL" BARBECUED STEAKS

- 4 - 6 "Calgary Cut" sirloin, steaks, 1½" thick
- 1 clove garlic, crushed
- 1 cup Canadian dry red wine
- ½ cup butter, melted
- 1 tablespoon dry mustard
- ½ teaspoon Worcestershire sauce
- Dash pepper
- Few drops of Tabasco sauce
- 2 tablespoons of the marinade

Place steaks in a shallow glass baking dish. Add crushed garlic and pour wine over steaks. Cover and let stand in the refrigerator 2 hours, turning once. Combine butter, mustard, Worcestershire sauce, pepper, Tabasco sauce and 2 tablespoons of the marinade in a saucepan and heat over low GAS flame. Barbecue steaks 3"-4" from the high GAS flame for 9-10 minutes on each side for medium rare. Pour sauce over steak for serving.

APPLE CHOPS ON A SPIT

- ½ cup brown sugar, firmly packed
- ½ cup ketchup
- ¼ cup soy sauce
- ¼ cup water
- ¼ cup lemon juice
- 1 tablespoon salt
- 3 tablespoons Worcestershire sauce
- 1 teaspoon chili powder
- ½ teaspoon pepper
- 1 onion, minced
- 6 pork chops
- 2 medium apples, cut into 6 rings

In small saucepan, combine first ten ingredients. Simmer over medium GAS flame 15 minutes. Place pork chops and apple rings in a bowl and cover with sauce. Cover the bowl and marinate several hours in refrigerator. Alternate pork chops and apple rings on rotisserie spit. Rotisserate over medium GAS flame 1-1½ hours.

ROYAL RIBS

- 2 tablespoons minced onion
- 1 teaspoon brown sugar
- 1 tablespoon mustard seed
- ½ teaspoon ground cloves
- 1 bay leaf
- 1 clove garlic, minced

- 1 teaspoon monosodium glutamate
- 2 teaspoons paprika
- 1 teaspoon crushed oregano
- 1 teaspoon chili powder
- 1 teaspoon cracked pepper
- ½ teaspoon salt
- 1 cup ketchup
- ½ cup water
- ¼ cup salad oil
- ¼ cup tarragon vinegar
- 2 tablespoons Worcestershire sauce
- 4 pounds spare ribs

In a saucepan, combine all ingredients except ribs. Bring to a boil over high GAS flame. Reduce flame and simmer 20-25 minutes, stirring occasionally. Remove bay leaf.

Sprinkle ribs with salt and place bone side down on grid of GAS barbecue. Grill about 3½ hours, basting with sauce every half hour.

KABOB OF BEEF

- 2 pounds top round or sirloin of beef, cut ½" thick
- 1 - 20 ounce can sliced pineapple, drained
- 1 cup syrup, drained from pineapple
- ½ cup soy sauce
- 2 cloves garlic, finely chopped
- ¾ teaspoon ground ginger
- 2 large green peppers, quartered

Cut meat into 2" squares. Combine pineapple syrup, soy sauce, garlic and ginger. Pour over meat and let stand for 1 hour. Cut hole in centre of each piece of green pepper. Alternate meat cubes and green pepper on spit. Mount spit on GAS barbecue. Baste meat and green pepper with marinade. Rotisserate over medium GAS flame 20-30 minutes for medium rare. Grill pineapple slices on grid during last 10 minutes of barbecuing.

DINNER ON A DAGGER

- ¾ cup hot water
- ⅓ cup soy sauce
- ¼ cup honey
- 2 tablespoons salad oil
- 4 cloves garlic, crushed

- 3 pounds lamb, cut in 2" cubes
- 2 green peppers, cut in chunks
- Small whole boiled potatoes
- Small whole tomatoes
- Small whole mushroom caps

Prepare marinade by combining hot water, soy sauce, honey, salad oil and crushed garlic. Pour over meat and marinate at room temperature for several hours.

Drain meat and reserve marinade. Arrange meat, green pepper, mushroom caps and potatoes alternately on 4 long metal skewers. Grill over high GAS flame 4 minutes on each side, brushing frequently with marinade. Add tomatoes for last 2 minutes of grilling.

CHATEAUBRIAND

- 2 2½ pound chateaubriands
- 4 ounces blue cheese
- 1 tablespoon brandy

Carefully trim fat from the surface of chateaubriand. Make a slanting cut, 2" deep, the full length of the chateaubriand with a sharp narrow-bladed knife held at a 45° angle. Make a similar cut along the opposite side of chateaubriand. Blend blue cheese and brandy. Spread cheese mixture in the openings formed by cuts. Close with short skewers. Tie string around chateaubriand at ends and in middle. Balance on spit of GAS barbecue. Rotisserate over medium GAS flame 1¼-1½ hours for medium rare.

ALBERTA CORN

- ¼ teaspoon paprika
- 1 teaspoon chili powder
- ¼ cup butter, melted
- 4 cobs of corn

Combine paprika, chili powder and butter. Roll cobs of corn in butter mixture. Wrap each in aluminum foil with a tight double fold. Place on grid of GAS barbecue and grill over medium GAS flame about 30 minutes turning once or twice.

BAKED POTATOES

Choose 4 medium size baking potatoes. Scrub potatoes and brush with salad oil. Wrap each in aluminum foil, overlapping the ends. Place on grid of GAS barbecue. Grill 45-60 minutes over medium GAS flame, turning potatoes occasionally. When baked, make a criss-cross cut on top of each potato. Push to open skin and top with one of the following: butter, chopped green onions, sour cream and chives, crisp bacon bits, shredded cheese, crumbled blue cheese or sour cream.

LONG BOY LOAF

- 1 long French loaf
- 1 clove garlic, crushed
- ½ cup butter

Slash long French loaf in 1½" slices, making the cuts on the bias without cutting through bottom crust. Add crushed garlic to softened butter and cream well. Spread mixture generously between slices. Wrap loaf in aluminum foil. Place on grid of GAS barbecue and grill over medium GAS flame 10-20 minutes turning frequently.

THE MASTERS SHARE THEIR FAVOURITES

The term "master-chef" may make us think of a rather portly gentleman with a tall white hat, in the kitchen of some famous restaurant in London, Paris, Vienna or Rome. In reality, just as all master-chefs are not of the same physical stature . . . neither are the most famous to be found only in Europe's capitals. In fact, many of the world's best chefs practice their culinary art right here in Canada! Ten of Canada's master-chefs have offered to share their favourite recipes with you. While many of the masters differ in some techniques of preparation, all agree that the secret of perfection lies in selecting the choicest and freshest ingredients . . . creating subtle blendings . . . and maintaining correct temperature control throughout the cooking cycle. These favourite recipes with the masters' touch, prepared in your own kitchen on a modern gas range, will surprise and delight your family and guests.

THE MASTERS SHARE THEIR FAVOURITES

Chef Anthony Casagrande
Nova Scotian Hotel
Halifax
Nova Scotia

BOUILLABASE, PORT OF HALIFAX

- 2 lobsters, averaging 1 pound; cut in 2" sections (shell and all)
- ¾ cup chopped onion
- ½ cup chopped leeks, white part only
- ½ pound scallops
- ½ pound eels, cut in 1" lengths
- ½ teaspoon thyme leaves
- 2 small bay leaves
- Good pinch saffron
- Speck of cayenne pepper
- Salt and pepper
- ½ pound Atlantic salmon, cut in 2" square pieces
- ¼ pound each — Halibut, Haddock, cut in 1½" chunks
- 4 peeled and diced tomatoes
- 2 cups fish stock or water
- 2 cups white wine
- 1½ dozen clams, shelled

De-vein lobsters and remove Queen from behind head. In a shallow but wide pot, place ½ cup oil. Fry briskly the lobster sections until beginning to turn red. Add onions and leeks. Mix with a wooden spoon but do not colour. Add scallops and eels and fry. Add the seasoning and the rest of the fish and take care not to break fish. Add tomatoes, wine and fish stock. Place the clams around the top. Bring to a boil and cover. Place in moderately hot GAS oven. Thicken with 2 tablespoons of Bourre Manie (kneaded butter made by mixing equal parts of soft butter and flour). More thickening may be necessary but keep it liquid. Let Bouillabase simmer for a few minutes to allow flour to cook. Serve piping hot in green earthen bowl with butter-fried garlic crusts.

Chef Patrick Hearn
Newfoundland Hotel
St. John's
Newfoundland

NEWFOUNDLAND LOBSTER SALAD

- 3 freshly boiled lobsters, shelled
- 3 hard cooked eggs, chopped
- ½ cup sweet pickles, chopped
- ½ cup mayonnaise
- ½ small onion, finely minced
- ½ teaspoon salt
- Few grains pepper

Cut lobster into bite size pieces. Add other ingredients and toss together. Serve on lettuce leaves.
Serves 4.

Chef C. Hitz
Le Chateau Champlain
Montreal
Quebec

PAUPIETTES OF BEEF QUEBECOISE

- 8 - 4 ounce beefsteaks
- 4 ounces minced pork
- 4 ounces minced beef
- 2 ounces chopped shallots
- Salt Pepper
- 4 ounces salt pork cut in 2" rectangles
- 4 cornichons, cut in half
- 1 small glass dry red wine
- 1 cup brown demiglace
- Garlic and parslied bread crumbs

Flatten steaks thinly in equal shape. Mix minced pork and beef with shallots, salt and pepper. Spread the mixture on the steaks. In the middle, place the pieces of salt pork and cornichons. Roll and tie up each end. Sauté over high flame. Deglaze with red wine and add 1 cup of brown demiglace. Braise ¾ hour. Remove the paupiettes from the sauce. Sprinkle liberally with the crumbs and add a little melted butter. Put in a very hot oven for 2 minutes. Serve the paupiettes surrounded with the strained sauce. Serve with small rissole potatoes.

Chef Marcel Paron
Jasper Park Lodge
Jasper
Alberta

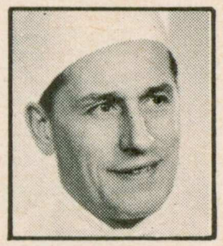
BEEF STROGANOFF

- 2 pounds beef tenderloin
- 6 tablespoons butter
- 1½ tablespoons flour
- 1 cup beef stock
- ½ pint sour cream
- 2½ tablespoons tomato paste
- 1 onion, diced
- Salt and pepper

Cut the beef tenderloin in ¼" thick slices. Heat about 3 tablespoons butter in a saucepan. Add the flour and stir. Cook over low flame until mixture is hot and smooth. Add the beef stock and stir well. Cook and continue stirring until the mixture begins to thicken. Then boil for 10 minutes. Add the sour cream and tomato paste, a little at a time, stirring constantly. Simmer mixture without boiling for another 10 minutes, stirring often.

At the same time heat the remaining three tablespoons of butter in a large skillet. Add beef and brown well. Add the onion and seasoning. Cook a few minutes longer stirring occasionally. Add the meat and onion to the cream mixture and simmer 5 minutes longer. Serve with rice.

Serves 6.



Chef M. Didier
Royal York Hotel
Toronto
Ontario

FROGS LEGS MARINIERE

- 2 shallots, minced fine
- ¼ pound sliced mushrooms
- 2 ounces butter
- 1½ dozen frogs legs, fresh or fresh frozen
- 4 ounces white wine
- 4 ounces chicken stock
- Kneaded butter
- ½ cup 18% cream
- 2 egg yolks
- 2 tablespoons chopped parsley
- Salt and pepper to taste

Sauté shallots, mushrooms in butter for 3 minutes. Add frogs legs and simmer for 3 minutes. Add wine and chicken stock and cook 6 minutes. Take out frogs legs with skimmer or perforated spoon and put in hot casserole or chafing dish. Reduce cooking liquor by 1/3 over flame. Add kneaded butter, made by combining 1 tablespoon butter and 1 tablespoon flour and blend with a whip until smooth. Cook 5 minutes more. Add cream with egg yolk, chopped parsley, salt and pepper. Do not boil any more. Pour over frogs legs.

Chef C. Butler
The Empress Hotel
Victoria
British Columbia

STUFFED BONELESS LEG OF SUCKLING PIG

4 legs of suckling pig (approx. 2½ lbs. each)

Stuffing:

- **1 cup finely chopped suckling pig liver**
- **1 cup soaked and drained bread crumbs (white)**
- **½ cup finely diced celery**
- **½ cup finely diced apple**
- **1 tablespoon chopped and cooked onions**
- **1 whole egg**
- **1 teaspoon chopped parsley**
- **1 pinch thyme**
- **1 pinch sage**
- **1 pinch accent**
- **1 pinch garlic powder**
- **Salt and pepper to taste**
- **Apple cider or white wine**

Have butcher bone out the suckling pig legs, leaving the shank on. Mix all ingredients for stuffing and fill legs. Any left over stuffing may be cooked separately. Tie legs with twine and place in close fitting roasting pan with a small amount of water on bottom of pan. Sprinkle mixture of salt and pinch of accent over meat and place in 350° GAS oven. Baste frequently with apple cider or white wine. Roasting time is approximately 1½ hours or until well done. Increase heat for last 15 minutes to give pig a golden color. Serve hot or cold with applesauce of spiced fruit.
Serves 8.

Chef A. P. Cassagrande
Chateau Laurier Hotel
Ottawa
Ontario

CHATEAU MAPLE SYRUP PIE

- **2 tablespoons flour**
- **1 tablespoon butter**
- **2 egg yolks**
- **1 cup Maple Syrup**
- **½ cup water**

Cream the flour and butter together. Add the beaten egg yolks and mix well. Add the maple syrup and water. Cook in double boiler until mixture begins to thicken. Pour into baked pie crust and allow to set.
Top with whipped cream and sprinkle with maple sugar shavings.

Chef Nick Marchak
Fort Garry Hotel
Winnipeg
Manitoba

CORDIAL COLETTES

In the top of a double boiler, heat 6 ounces of dark sweet chocolate until it is almost melted. Remove pan from flame and stir the chocolate until it is smooth. With a teaspoon, swirl the chocolate around 6 paper baking cups, coating the inner surface of each. Place the cups in muffin pans and chill until the chocolate coating is firm. Peel off the paper and chill the chocolate cups until ready for use. Soften 1 teaspoon gelatine in 1 tablespoon cold water, dissolve over hot water and mix into 1 pint of softened vanilla ice-cream. Half fill cups with the gelatine cream. With the back of a teaspoon make a depression in the cream and fill with 1½ tablespoons cherry heering or cherry liqueur and a maraschino cherry. Fill the cups with more gelatine cream, moulding it as high as possible. Top each colette with a maraschino cherry and sprinkle with pistachio nuts. Freeze until firm and serve.
Serves 6.

Chef James Miller
Hotel Saskatchewan
Regina
Saskatchewan

TOURNEDO OF BEEF TENDERLOIN LOUIS RIEL

Sauté 2 — 3½ ounce tournedos in butter — rare, medium, well, as desired. Dress in a nest of puree of green peas. Garnish with diced tomato pulp and pitted black olives. Sprinkle with chopped parsley.
Sauce: To the cooking juice, add white wine, a touch of tarragon and crushed pepper corns. Simmer to reduce liquid. Add veal or beef stock, if desired.

Chef L. Scott
Algonquin Hotel
St. Andrews By-the-Sea
New Brunswick

HERB BAKED SALMON "ALGONQUIN STYLE"

- **4 - 6 pounds fresh salmon**
- **1 large onion, sliced**
- **2 outside stalks of celery and leaves, coarsely chopped**
- **3 sprigs finely chopped fresh parsley**
- **Powdered oregano**
- **Salt and pepper**
- **½ cup melted butter or margarine**
- **¼ cup green onions**
- **½ teaspoon ground thyme**
- **1/3 cup finely chopped parsley**

Remove the head, fins and tail of the salmon and wipe inside and out. Stuff fish with the sliced onion, celery and parsley and sprinkle copiously with oregano, salt and pepper. Bake 15 minutes per pound, uncovered, in 375° F GAS oven. Combine the remaining ingredients in a small sauce pan and pour over fish during the last 15 minutes of cooking. Remove to a hot serving platter and garnish with sprigs of fresh parsley, baked tomatoes and parsley parisienne potatoes. The juice of two lemons may be added to the sauce in the sauce pan and the sauce served from a sauce boat.
Parisienne Potato Balls are easily prepared by using a large size melon ball spoon and cutting the balls from new potatoes. Cook the potatoes in boiling salted water. Strain the potato and dip into melted butter and sprinkle with chopped parsley.
Serves 8.

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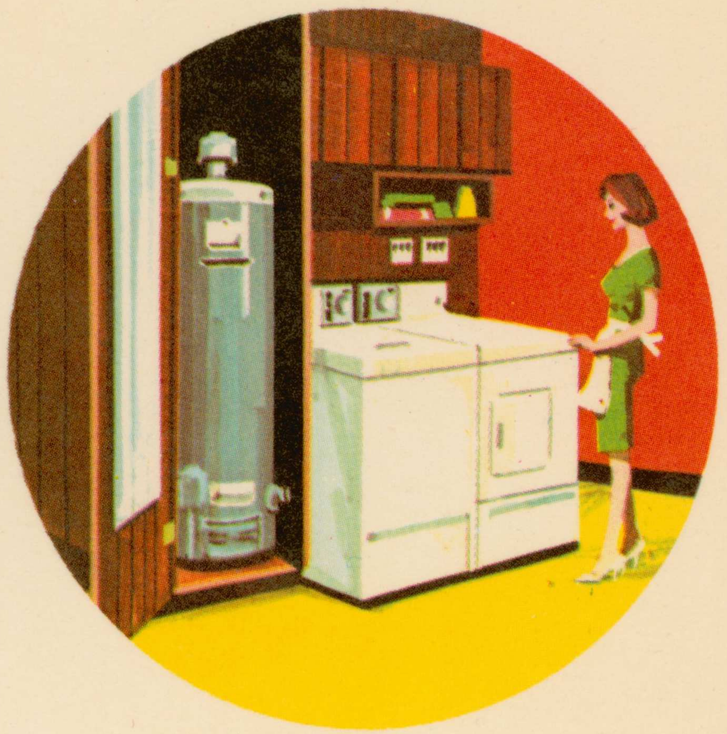

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